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FROM BUNS TO GUNS?

AFTER STEALING THE SPOTLIGHT AT HER SISTER'S WEDDING, ROYAL IN-LAW PIPPA MIDDLETON LANDS IN A PAPARAZZO SCANDAL IN PARIS PAGE 19

CALGARY metro®
Tuesday, April 17, 2012
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Former Calgary Flames head coach Brent Sutter, pictured here on the Flames clean-out day April 11, said Monday he wouldn't have accepted a new contract had the Flames offered one. JEFF MCINTOSH/THE CANADIAN PRESS

Sutter would have declined new contract

Explanation. Former Calgary Flames coach Brent Sutter provides insight into why he resigned after three years with the team

Brent Sutter had no problem finding another job in hockey, he just didn't want one with the Calgary Flames.

Sutter was introduced Monday at Hockey Canada's headquarters in Calgary as the head coach of Canada's entry at next month's IIHF World Hockey Championship in Helsinki.

Monday's news conference in Calgary was the first time that Sutter addressed the media about his decision to part ways with the Flames last Thursday. During his three years coaching in Calgary, the Flames failed to qualify for the playoffs.

"Over three years, it does wear on you," said Sutter. "It does beat you up a lot. It just came down to that I personally felt this was the right thing for (GM) Jay (Feaster) and the organization."

Sutter noted that he told Feaster that he wouldn't accept a new contract even if he was offered an extension.

When asked if would consider coaching for another team next season, Sutter replied: "I'm hoping that I'm not coaching in the National Hockey League next year because that means that there's 29 other coaches that still have jobs and that's what I want."

A veteran of 1,111 games during his NHL career with the New York Islanders and Chicago Blackhawks, Sutter said that coaching isn't something that he has to do.

If an NHL coaching position does open up, Sutter said he'd definitely consider a return.

THE CANADIAN PRESS

Wildrose snubs climate change

Wildrose leader shares party's doubt about global warming stating not enough known about theory PAGE 4

Fanatic sheds tears in court

Anders Behring Breivik becomes emotional seeing his video warning of a Muslim takeover in Europe PAGE 8

Ditch sausage, bacon, salami?

Processed red meats pose the real health threat PAGE 21

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First time in Calgary

Linkin Park, Incubus to headline September's X-Fest

Grammy-winning rockers Linkin Park and modern rock act Incubus will headline X-Fest 2012 this summer.

The second-annual festival takes place Saturday, Sept. 1, at Fort Calgary with tickets going on sale April 28 through UnionEvents.com and PrimeBoxOffice.com.

Reps from Union Events and Calgary's new rock radio station X92.9 announced the lineup during a press conference at Flames Central Monday morning.

"Linkin Park is huge," said Christine Rogerson, director of administration for Union Events.

LISA WILTON/FOR METRO

Backyard birds and bees

City flapping wings, gaining little ground on urban food policy: Advocate

Hens and beehives could fly freely in Edmonton backyards even though Calgary broached the subject first but has seen little progress, says a city food advocate.

Last week, Edmonton city council set plans to draft a new urban food and agriculture policy that will explore allowing citizens to control their own food sources on their property.

The measure is something Calgary activist Paul Hughes has pushed for locally for years.

"For me, the simple interpretation is that Edmonton is able to recognize that 85 per cent of us live in an urban environment and urban agriculture is a very real thing," Hughes said.

"Food security in Edmonton is not just about food trucks."

Hughes did point out the city's hands may be tied pending a court verdict on May 9 after he made a case for an individual's right to a Calgary judge last month.

JEREMY NOLAIS/METRO

Students unhappy about on-campus rent hike

Costs. Government funding has failed to keep up with cost of living, student reps say

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Even as they hunker down for final exams, students living on Calgary campuses say they can't help but let their minds wander to the hefty rent and food costs they face this fall.

At the University of Calgary, for example, residence students face a rate hike of up to 5.5 per cent after being hit with a similar jump last fall.

Dylan Jones, president of the U of C students' union, said administrators have indicated to him they are trying to keep residence rates competitive with those be offered for regular housing throughout the city. Students will also pay three per cent more for on-campus meal plans, and Jones conceded some will struggle to make ends meet. "We are always concerned with increasing costs for student living," he added.

The rent already being charged at the U of C is surprisingly high to Austrian foreign exchange student Bernhard Mueller, who says his $540 monthly bill is double what it would be back home.

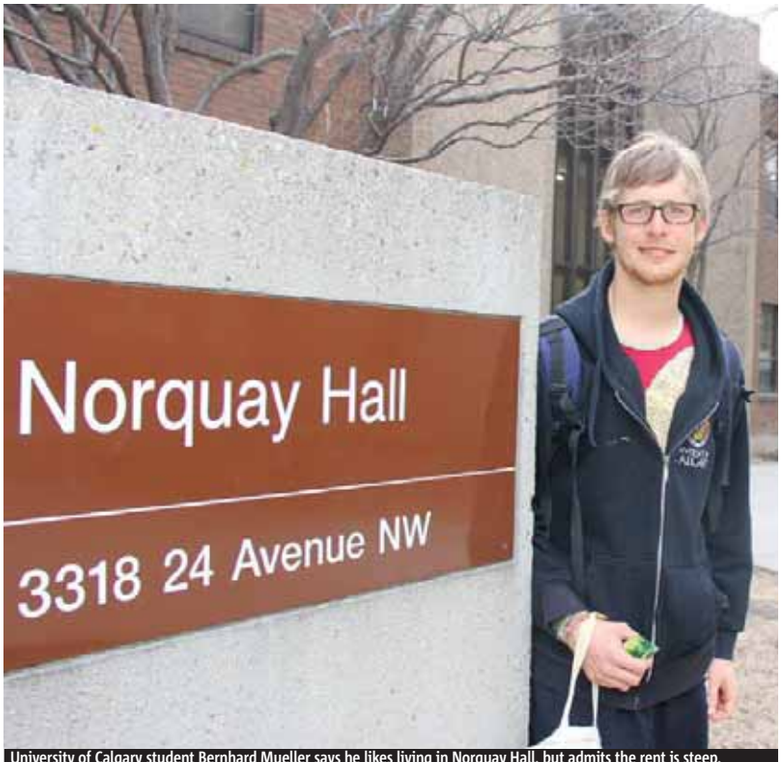
"I would say it's very expensive," the 24-year-old chemistry student said. "I looked at moving away from campus, but it's hard to organize."

Mount Royal University students will see a rise of three per cent for on-campus living, which already ranges between $625-675, said students' association President Kaylene McTavish.

"Three per cent isn't unreasonable, but at the same time student loans for housing only about $440 for a living allowance," she said. "It's not near enough for what we are paying, especially in Calgary."

Residence not at capacity

- SAIT student president Steven Hildebrand said he was not aware of any hikes to on-campus rents at the polytechnic.
- According to Mount Royal University student president Kaylene McTavish, one issue is residence is not at capacity, so students pay more to cover operating costs for empty townhouses and apartments.



University of Calgary student Bernhard Mueller says he likes living in Norquay Hall, but admits the rent is steep.
JEREMY NOLAIS/METRO

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NEWS

On the web

Tupac act rings holo

While a hologram Tupac hit the stage with Dr. Dre and Snoop Dogg at Coachella, fans, haters and even the hologram rapper himself hit Twitter and YouTube. Watch the performance and see the reaction at metronews.ca.

Off their meds

Taking the birth control pill to cure acne rather than prevent pregnancy? "Off label" prescribing as it's called might be more common than doctors once thought. See metronews.ca for the story.

Mobile news

Iran calls it the "soft war" with the West: Battles to control, defend and monitor the Internet and other high-level telecommunications. The latest move to keep Iranians locked in a cyber fortress came quietly. Scan the code for the story.

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Your candidates. Calgary – Fort

Said Abdulbaki: Liberal

As a hands-on business owner, no task is too small for Abdulbaki — having hand-delivered flyers and made personal deliveries from his business, "Pizza Time" in Forest Lawn.

Don Monroe: NDP

Monroe has worked for the City of Calgary as an Equipment Operator since 1999. He is active in his union, serving as a Vice President of the Canadian Union of Public Employees (CUPE) Local 37 and as a member of CUPE's Aboriginal Council.

Jeevan Mangat: Wildrose

In '82 Mangat graduated from the University of Calgary with a degree in Civil Engineering, achieving the designation of Professional Engineer in '86. From 1988-99 he and his wife operated a successful restaurant. Since '99 Mangat has worked in commercial real estate.

Janice Dixon: EGRN

Dixon has been immersed in politics. Having grown up in Ottawa, she has always had a sensitive spot for "Ottawa" getting the blame for political actions. Dixon went on to study Political Science, as well as International Development at the University of Toronto.

Wayne Cao: PC

In 2008, Cao was elected by his legislator colleagues as the Deputy Speaker and Chair of Committees of the Whole Legislative Assembly of Alberta. He was first elected in 1997, as the MLA for the Calgary-Fort constituency, and re-elected in 2001, 2004, 2008.

Your candidates. Calgary – Glenmore

Linda Johnson: PC

Johnson's passion for politics began during her high school days when she became active with the Progressive Conservative party. Her first involvement was as a volunteer for former MLA Dennis Anderson.

Paul Hinman: Wildrose

Hinman is a 5th generation Albertan who was born in Edmonton before moving to Calgary. He graduated from F.P Walshe High School with honours and was accepted into the Faculty of Pharmacy at the University of Alberta.

Rick Collier: NDP

Collier, 70, is a former literature professor at Mount Royal University, and he continues to write essays about the outdoors as part of his professional writing consultant business. He also guides seniors on Rocky Mountain Adventures. Collier has climbed 1,350 mountains and has cycled the circumference of the continental United States.

Wildrose Leader Danielle Smith is surrounded by supporters as she speaks about the Alberta government debt during a press conference in Edmonton Monday. JASON FRANSON/THE CANADIAN PRESS

Science not settled on climate change, Wildrose leader says

Global warming. Official confirms that Wildrose leader's statements reflect party policy

The woman leading a front-running party in Alberta's provincial election has cast doubt on the widely accepted scientific theory that human activity is a leading cause of global warming.

Wildrose Leader Danielle Smith made the comment in an online leaders debate organized by two Alberta newspapers.

"We have always said the science isn't settled and we need to continue to monitor the debate," said Smith in response to a direct question from a reader.

"We recognize the world is in a long-term transition away from hydrocarbon fuels. We believe the best way to reduce emissions is through consumer rebates for energy audits, microgeneration and home renovations, as well as broad-based tax breaks for investment in R&D for new environmental technologies."

A Wildrose official confirmed Smith's statement reflects a longtime party policy.

Smith has always been coy about whether she believes carbon dioxide emissions from human activity are altering the Earth's climate.

She declined to respond to Liberal Leader Ray Sherman's question: "Danielle, are you seriously denying climate change?"

But during the debate she said her party believes that not enough is known about climate change.

Progressive Conservative Leader Alison Redford was non-committal on the science.

"Climate change is a real issue on the international stage with respect to energy production, our reputation and ability to export."

THE CANADIAN PRESS

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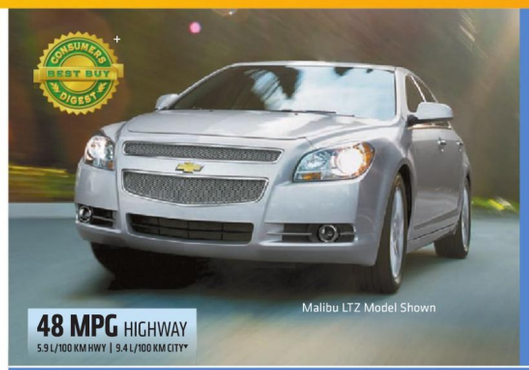

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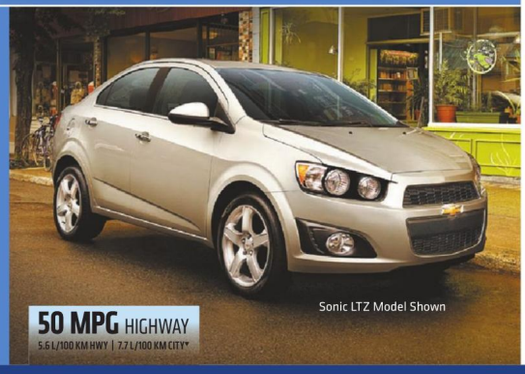

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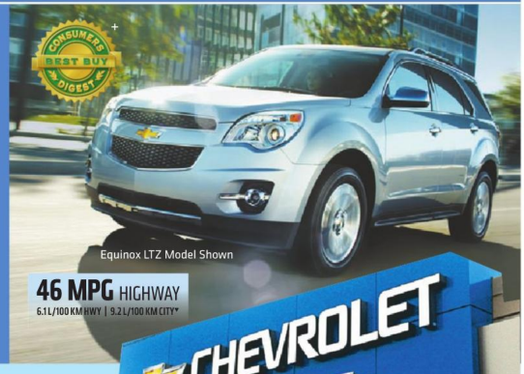

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Getting home safe

Nighttime cabs a welcome proposal

Downtown bar owners and entertainment advocates are applauding steps taken by a city committee to boost Calgary's cab fleet.

This comes as a representative with the Taxi and Limousine Advisory Committee (TLAC) clarified Monday that the group is bringing forward a proposal to city hall Wednesday for 55 wheelchair-accessible cabs — some of which would operate at night — and is discussing at a meeting Friday the possibility of bringing forward a second proposal for 50 nighttime-exclusive cabs.

Conflicting information appeared in Monday's print copy of Metro.

"I think it's a good starting point," said Wayne Leong, owner at Melrose Cafe & Bar.

Fielding complaints from the public over a perceived shortage of rides home, Leong said he has also begun exploring a happy-hour shuttle service to patrons.

Maggie Schofield with the Calgary Downtown Association said she favours both TLAC proposals, the latter of which would see vehicles operate on 10-hour shifts from 6 p.m. to 4 a.m.

"Chances are at that point in the evening people have been drinking, so we definitely want people using cabs," Schofield said.

The report coming Wednesday will also discuss a review and possible expansion of both the late-night ride home program and a project that allows cabs to park in front of fire hydrants.

JEREMY NOLAIS/METRO

Calgarians being left in the dark

Julie Yepishina-Geller of the city's transportation department said more light repairs will be completed as the ground thaws. CANDICE WARD/METRO

More Calgarians are being left in the dark as the city attempts to keep up with a rising number of streetlight-related complaints.

The number of service requests for streetlights requiring maintenance jumped nearly 48 per cent in the first quarter of 2012 compared to the same time frame in 2011 — roughly 2,300 requests to 3,400 requests.

Julie Yepishina-Geller of the city's transportation department said aging infrastructure, the constant addition of new lights and a static budget has caused a backlog for crews.

She said the $3.6-million budget hasn't been increased in a few years.

Ald. Ray Jones said over the winter he heard multiple complaints from residents in his ward.

"They tell me they're getting to them as fast as they can … (but) that's not making the general resident feel any better because there's a safety issue, obviously," said Jones.

Yepishina-Geller said there are more than 100,000 streetlights in Calgary and more repairs will be able to be completed as the ground thaws.

KATIE TURNER/METRO

Supply and demand

"Our demand is growing faster than our ability to respond."

Julie Yepishina-Geller of the city's transportation department

Chinese arts performers in spat with Jubilee

Humiliation. Hosts of dance and music troupe say venue staff walked in on female performers disrobing

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Hosts of an international performing company are demanding an apology from a major Calgary arts venue, claiming their guests were humiliated during a show last week.

Since 2007, Shen Yun Performing Arts, an acclaimed Chinese dance and music company made up of about 100 performers, has put on an annual showcase at the Southern Alberta Jubilee Auditorium.

But, according to a letter addressed to Alberta's Culture and Community Services Minister Heather Klimchuk, performers have noted deteriorating professionalism among venue staff in recent years, specifically pointing to an incident earlier this month in which staff walked in on female performers disrobing in a makeshift change room.

Provincial officials could not be reached for comment Monday.

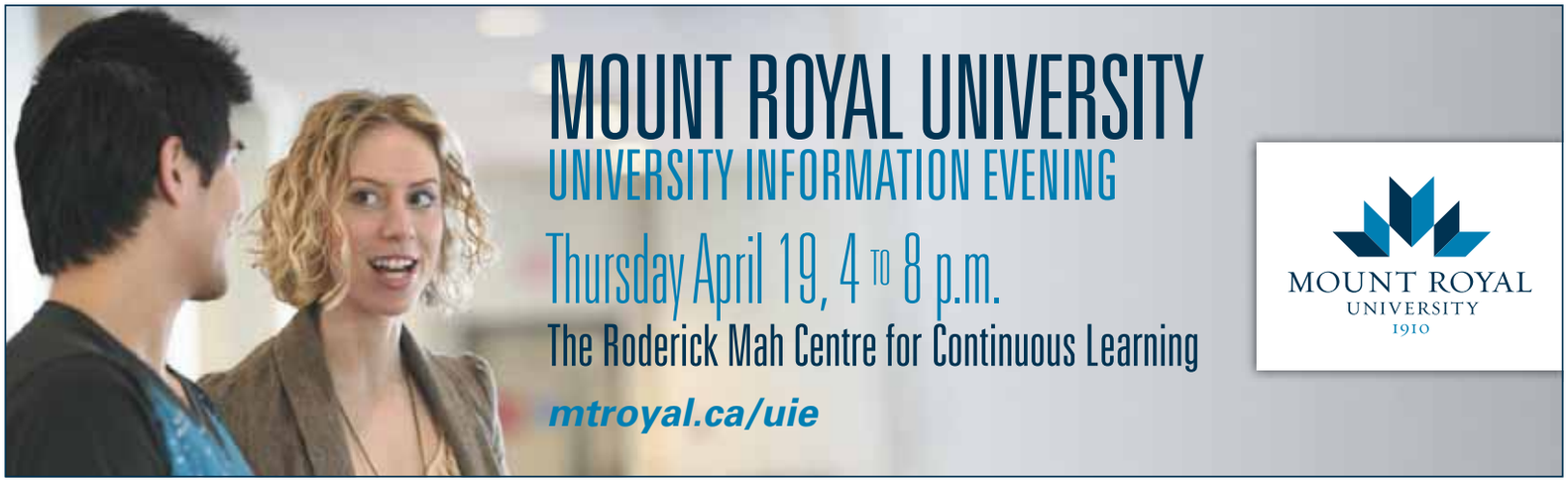
"They were completely humiliated," said Jenny Yang with local hosting group, the Falun Dafa Association of Calgary. "Now we are not even sure if they will return."

Katherine Huisings, director for the Jubilee Auditoria of Alberta, said she is aware of the incident, which she dubbed a "mistake," and said an investigation is ongoing.

MIA?

- Falun Dafa Association representatives claim to have sent a letter expressing frustration to executives with the Southern Alberta Jubilee Auditorium, but Katherine Huisings said she had yet to receive anything Monday.

Jenny Yang, promotions spokesperson with Falun Dafa Association of Calgary, presenters of Shen Yun show that was recently held at the Southern Alberta Jubilee Auditorium, is upset with the way the members of the show were treated by Jubilee staff. CANDICE WARD/METRO



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Norway's accused killer on trial

Strange start. Man accused of killing 77 people displays unexpected emotions on Day 1 in court

Anders Behring Breivik shed tears as he went on trial Monday for killing 77 people — but not for his victims.

The emotional display came when prosecutors showed his anti-Muslim video.

Dressed in a dark suit and sporting a thin beard, the right-wing fanatic defended the July 22 massacre as an act of "self-defence" in his professed civil war, and sat stone-faced as prosecutors described how he killed each of his victims.

But he was gripped by emotion when they showed a video warning of a Muslim takeover of Europe and laden with crusader imagery that he posted on YouTube before the attacks.

"Nobody believes that he cried out of pity for the victims," said Mette Yvonne Larsen, a lawyer representing survivors and victim's families in the court proceedings.

Breivik showed no signs of remorse on the first day of a trial that is expected to last 10 weeks. Eight people were killed in Breivik's bombing of Oslo's government district and 69 were slain in his shooting massacre at the left-leaning Labor Party's youth camp on Utoya island outside the capital.

Breivik has said the attacks were necessary to protect Norway from take over by Muslims and that he deliberately targeted the governing Labor Party, which he claims has betrayed Norway with liberal immigration policies.

THE ASSOCIATED PRESS

Mental state

The key issue to be resolved during the trial is Breivik's mental state, which will decide whether he is sent to prison or into psychiatric care.

- **Anxious to prove he is not insane, Breivik will call right-wing extremists and radical Islamists to testify during the trial, to show that others also share his view of clashing civilizations.**
- **One mental examination found him legally insane, while another said he wasn't sick enough to be committed to psychiatric care instead of prison.**

Norwegian Anders Behring Breivik, who is facing terrorism and premeditated murder charges, reacts as a video presented by the prosecution is shown in court, in Oslo, Norway. Breivik, who confessed to killing 77 people in a bomb-and-shooting massacre, went on trial in Norway's capital Monday, defiantly rejecting the authority of the court. HEIKO JUNGE/THE ASSOCIATED PRESS

Love story emerges from Norwegian massacre

Sofie Tommeras Lyshagen, left, and Hakon Knudsen. CONTRIBUTED

PETER LINDHOLM
Metro World News in Sweden

On Monday, the trial of Anders Behring Breivik, who admitted to carrying out bomb and gun attacks in Norway last July that left 77 people dead, got underway in Oslo.

While the massacre has spawned mourning and outrage, a tale of love has also emerged. Sofie Tømmerås Lyshagen, 19, and 20-year-old Håkon Knudsen found each other when they swam for their lives to escape from Breivik at the Norwegian island Utøya last July.

Tømmerås Lyshagen was in the main building on the island when the far-right extremist Breivik, dressed as a policeman, began to execute his victims at a Labor Party youth camp.

Tømmerås Lyshagen was forced to jump over several dead friends to reach the water to find a hiding place.

Metro Sweden spoke with Lyshagen, to hear her story.

You lost several close friends at the island.
Yes, I lost Lejla (Selaci), who was my best friend, and Sondre (Kjøren), my former boyfriend. And twenty other friends.

How do you recover after such an event?
I can't answer that. I take one day at a time and for each day it gets a little better. You feel a little better and have some good days.

Where did you meet your boyfriend Håkon?
After Brevik had tried to shoot me I lay in the water when Håkon came swimming. He had been hiding in the woods. We exchanged a few words with each other and were both quite hysterical.

Was it really love of the first sight?
I usually say it was love at first dip, but it was really afterwards, when we were safe on land, that the romance began. We felt that the chemistry was good, that we understood and could help each other.

Why have you chosen to go public with your love?
It was the media who started to write about us, but we felt that we wanted to give a different picture of Utøya. There has been so much negative about the island; it has become so black and dangerous.

Otherwise, it is the best place on Earth; it has shaped my heart, my political beliefs and has given me lifelong friends. We also want to tell you that this has not broken us.

How has this tragic event changed you?
The politics has a stronger meaning. We will not give up just because of one maniac.

Liberal-NDP merger lauded by Chretien

Former prime minister Jean Chretien gestures during an interview about the possibility of a Liberal-NDP merger at his office in Ottawa on Monday. FRED CHARTRAND/THE CANADIAN PRESS

Strange bedfellows. Former prime minister says hard-line left wingers and conservative Grits could feel alienated by alliance

Jean Chretien is still promoting the idea of Liberals and New Democrats merging into one federal party, despite strong objections to the NDP's approach to Quebec independence.

In an interview Monday, the former Liberal prime minister dismissed suggestions that a merger now - when the Liberals have been reduced to a third-party rump and New Democrats are on the rise - would amount to an NDP takeover of his once-mighty party.

Chretien said the shape of a new political entity would not be determined by the number of seats each party holds but by the respective strength of their ideas.

"In a new party, this [numbers game] does not matter anymore. It's intellectual capacity that will make the difference," he told The Canadian Press.

On that score, Chretien expressed confidence the Liberals would hold their own in any merger negotiations and that their predominantly centrist viewpoint would prevail.

The historical references of the new party would be iconic Liberals like Sir Wilfrid Laurier, in much the same way that Sir John A. Macdonald is a touchstone for the current Conservative party, formed in 2003 from a merger of the Progressive Conservatives and Canadian Alliance, Chretien said.

"The minority group in the merger was the party of John A. Macdonald," he said.

Chretien allowed that "the harsh left-wingers of the NDP might not be very comfortable and the very conservative Liberals might not be very comfortable" with a new centrist party.

Noting that Canada has had three minority governments since 2004 and describing the current Conservative majority as "very narrow," he predicted a merger would "create a lot of political stability in the land."

Chretien vehemently disagrees with the NDP's position that a bare majority referendum vote would be sufficient to kick start negotiations on Quebec secession.

As prime minister, he introduced the Clarity Act, which stipulates that the federal government would only enter into such negotiations following a "clear majority" vote on a clear question.

He noted Monday that most countries, corporations, private clubs and political parties, including the NDP, require qualified majorities to change their own constitutions or structures.

A stronger opposition

"You would have a new party that would be a centrist party."

Former prime minister Jean Chretien
On a proposed amalgamation of the federal Liberal and NDP parties

THE CANADIAN PRESS

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RCMP. 100 Mounties to investigate internal sexual harassment

British Columbia's highest-ranking RCMP officer says he's talked to hundreds of women who work for the force in B.C. and they've told him the work environment has to change.

So he's appointing 100 Mounties to investigate sexual-harassment complaints in an effort to improve a culture condemned by some as intolerably sexist.

The investigators will form the crux of a broader plan being hammered out under the direction of RCMP Deputy Commissioner Craig Callens in response to the internal workplace assessment he initiated this year after several high-profile accusations were made public.

Cpl. Catherine Galliford, a former media-relations officer, was the first to speak out about enduring sexual harassment and abuse from senior officers, and she touched off a series of suits including a class action that could involve more than 100 women.

Callens said the allegations became public only weeks after he took command in British Columbia and he set about finding out what was going on.

"I acknowledge ... that we have some issues that we need to deal with.... I'm committed to ensuring that we take the type of action that our employees deserve."

THE CANADIAN PRESS

Top cop plans action

Deputy Commissioner Craig Callens convened focus groups that involved about 400 female RCMP members across B.C. over two months, aimed at uncovering the extent of gender-based harassment.

- Lawyer David Klein filed a suit in late March and said he expects more than 100 current and former female members will join. The suit is on behalf of Janet Merlo, an officer of 19 years from Nanaimo, B.C.
- Merlo alleges she endured sexist comments, pranks and derogatory remarks, and was yelled at when she revealed her pregnancy.

Harper warmly received in Chile

Prime Minister Stephen Harper and Chilean President Sebastian Pinera exchange signed documents during a ceremony at the presidential palace in Santiago, Chile, on Monday. Harper hopes to use one of Canada's deepest friendships in Latin America to help secure entry into an attractive Pacific free-trade zone. The Trans-Pacific Partnership was one of the key items on the agenda as Harper met Pinera.

ADRIAN WYLD/THE CANADIAN PRESS

McSalt

Salt content can be lowered, despite fast food industry claims

Researchers are questioning the fast food industry's efforts to lower the salt content of its menu items, particularly in Canada and the United States.

They say restaurants often cite technical food processing challenges as a reason they're unable to reduce salt.

But a new study published in the Canadian Medical Association Journal is calling that assumption into question.

Menu items were compared from major chains around the world and salt levels in Canada and the U.S. were consistently higher than those in other countries.

McDonald's Chicken McNuggets in Canada contain two and a half times the amount of sodium of their U.K. counterparts.

Researchers argue it's possible to reduce salt and doing so would result in public health benefits. THE CANADIAN PRESS

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- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
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Airline emergency.
Flight returns to London after fire aboard plane

A Virgin Atlantic Airways plane flying from Britain to Florida returned to Gatwick Airport for an emergency landing Monday, forcing over 300 people to evacuate the plane using slides. Four passengers suffered injuries, the company said.

Fire officials said there were reports of a small fire on the plane, an Airbus A330-300, and it flew back to Gatwick about two hours into the flight.

"Due to a technical problem, the captain decided as a precautionary measure to immediately evacuate the aircraft," Virgin Atlantic said in a statement, adding that Flight VS27 to Orlando, Fla. from Gatwick, carried 299 passengers and 13 crew.

The airline declined to provide further details on the four injuries or what exactly caused the emergency. But disputing the fire officials, a spokeswoman for Virgin Atlantic told The Associated Press the flight crew had been debriefed and said they did not see or smell smoke on board.

The airline said it was working closely with authorities to establish the cause of the incident and that Virgin Atlantic CEO Steve Ridgway went to the airport.

THE ASSOCIATED PRESS

Plane detoured

That bomb is just a cellphone

A Delta Air Lines flight bound for the United States made an emergency landing Monday in Dublin because a passenger left a cellphone plugged into a socket in one of the aircraft's restrooms, police and aviation authorities said.

Dublin Airport officials later cleared the Boeing 767-300 travelling from Istanbul, Turkey, to continue its journey to New York's John F. Kennedy Airport after determining that the suspected bomb was just an unattended mobile phone and charger.

THE ASSOCIATED PRESS

Brazilian inmates take guards, visitors hostage

Revolt. Reports say more than 100 released. Prisoners were demanding better living conditions

Prisoners stand on the roof of the Advogado Antonio Jacinto Filho state prison, in Aracaju, Brazil, Monday, after a riot broke out at the facility. ALLAN DE CARVALHO/SECRETARIA DE ESTADO DE SEGURANCA PUBLICA DE SERGIPE/AP

Inmates armed with guns and knives seized control of a prison in northeastern Brazil Monday, taking about 130 visitors and guards hostage.

No deaths or injuries were reported in the revolt that began Sunday at the Advogado Antonio Jacinto Filho prison in the coastal city of Aracaju.

Negotiations took place well into the evening with the penitentiary's 470 inmates, who had initially released more than 40 hostages and one of three guards in exchange for bottles of water, according to the G1 internet portal. It was water and electricity lines were shut off.

Later reports said the prisoners decided to release all hostages after officials agreed to look into their concerns. The Associated Press wasn't able to report by deadline on whether the hostages had been freed. Brazilian TV broadcast images of prisoners, their faces obscured by swaths of fabric, standing on the facility's roof, shouting to the around 150 police officers surrounding the building, as well as the swarms of journalists and passers-by.

G1, the website of the Globo television network, said inmates were demanding a change in leadership at the prison, as well as better treatment and quicker trials.

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U.S. security team sent home from Colombia

Prostitute snag.
Members of military and secret service accused of throwing wild hotel party ahead of Obama state visit

The highest-ranking U.S. military officer said Monday the nation's military leadership is embarrassed by allegations of misconduct against at least 10 U.S. military members at a Colombia hotel on the eve of President Barack Obama's visit over the weekend.

"We let the boss down," Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, told a Pentagon news conference.

He said he regretted that the scandal, which also involved 11 Secret Service agents accused of cavorting with prostitutes at the hotel, diverted attention from Obama's diplomacy at a Latin America summit.

The Secret Service sent 11 of its agents home from Colombia amid allegations they had hired prostitutes at a Cartagena hotel.

The military members being investigated were staying at the same hotel.

Appearing with Dempsey at the Pentagon, Defence Secretary Leon Panetta said U.S. troops are expected to abide by "the highest standards" of behaviour whether they are at home or abroad. He noted that a military investigation is under way and promised that if wrongdoing is confirmed, "these individuals will be held accountable."

Army Col. Scott Malcom, chief spokesman for U.S. Southern Command, which organized the military team that was assigned to support the Secret Service's mission in Cartagena, would not say how many additional service members are under investigation.

THE ASSOCIATED PRESS

The Pentagon reacts

"We're embarrassed by what occurred in Colombia."

Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, speaking at Monday's Pentagon news conference

Sudanese war planes bomb border town

Two Sudanese Sukhoi fighters dropped six bombs in the Bentiu area, killing five and wounding four others. Sudan and the newly formed South Sudan continued to battle Monday over a disputed oil-rich border area.

MICHAEL ONYIEGO/THE ASSOCIATED PRESS

Tied to the Taliban

Afghan officials pin terrorist attacks on Haqqani network

Afghan officials blamed a brazen series of weekend attacks on the Haqqani militant network, saying Monday that fighters captured in the assault claimed they were affiliated with the insurgent faction tied to the Taliban and al-Qaida.

The 18-hour offensive left 36 insurgents and 11 others dead and was the largest in Kabul since insurgents fired on the U.S. Embassy and NATO headquarters last September.

THE ASSOCIATED PRESS

Racially motivated?

Two accused in deadly Tulsa shooting spree plead not guilty

A judge entered not-guilty pleas Monday for two men accused of going on a racially motivated shooting spree in a predominantly black section of Tulsa over Easter weekend, killing three people and wounding two others.

Jake England and Alvin Watts appeared in Tulsa County District Court via closed-circuit television from jail, where they have been held since their arrests Easter Sunday.

THE ASSOCIATED PRESS

Bunga Bunga trial

Stripper nuns danced for Italian ex-PM Berlusconi, witness reveals

Girls dressed like nuns in the Sister Act musical and soccer players used to strip for Silvio Berlusconi, said model Imane Fadil, testifying at the former Italian prime minister's trial on Monday.

He is accused of having sex with an underage prostitute and using his influence as leader in 2010 to cover it up. Fadil says gatherings at Berlusconi's Milan mansion were not respectable but raunchy "bunga bunga" parties. TORSTAR NEWS SERVICE

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CAW seeks auto sector protection

Trade. Policy-makers need to resolve 'dramatic' imbalance in Canada's international automotive dealings, CAW report says

The Canadian Auto Workers union is calling for an end to free trade negotiations with automaking countries in Europe and Asia unless they first open their markets to Canadian-made vehicles.

CAW, which has failed to convince successive Conservative and Liberal federal governments to curtail auto imports from countries the union considers to be closed to North American imports, said free-trade agreements with the European Union, Japan, South Korea and Thailand won't help.

"There is no conceivable scenario under which Canadian automotive exports to these countries would be significantly enhanced under a free trade agreement," the union said in a 50-page report released Monday. THE CANADIAN PRESS

Policy

"Canada is one of the only auto-producing jurisdictions in the world that doesn't have a formal national auto policy. This is a huge weakness."
CAW national president Ken Lewenza

The tower that trumps them all

Donald Trump, and his children, Ivanka and Eric, leave the Trump International Hotel and Tower in Toronto after a ribbon-cutting ceremony on Monday. 'The Donald' flew into Toronto on Monday to officially open the new tower, which is Canada's tallest residential building at 65 storeys. VINCE TALOTTA/TORSTAR NEWS SERVICE

Home prices. Vancouver weighs on market

The high-end housing markets of Toronto and Vancouver headed in opposite directions last month as the average price of a Canadian home fell, according to the Canadian Real Estate Association.

"You've got a tug-of-war," Gregory Klump, CREA's chief economist, said Monday, with fewer sales over $1 million in Vancouver in March weighing on the national average, while high-end sales in Toronto picked up the pace.
THE CANADIAN PRESS

Market Minute

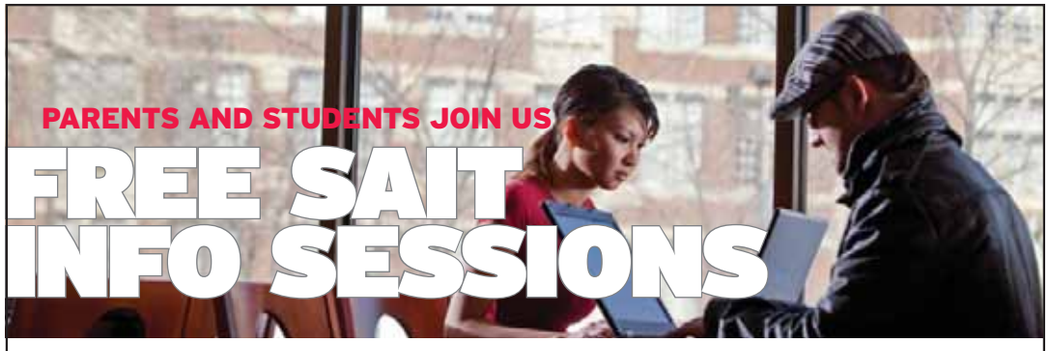
DOLLAR 100.03¢ US (+0.13¢)

TSX 12,037.59 (-2.8)

OIL $102.93 (+10¢)

GOLD $1,649.70 US (+$10.50)

Natural gas: $2.016 (+3.5¢)
Dow Jones: 12,921.41 (+71.82)



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Labour. Air Canada faces consumer frustration

Air Canada must purge its toxic culture and attitude if it hopes to win back consumers frustrated with an airline increasingly known for labour strife and shaky service, industry observers are warning.

While the effects of the latest labour dispute faded over the weekend, some experts predict that persistent tensions within the ranks of Canada's largest airline have eroded the carrier's image beyond what slick ads and promotions can fix.

"There's a poisonous labour climate in there, and that's more than their image — it's already their identity now," said Gabor Forgacs of the Ted Rogers School of Management.

"If they want to right this ship, they need to make big changes," he said.

Experts believe that years of operating in a near-monopoly may have made the airline complacent.

But with upstart carriers such as WestJet and Porter Airlines nipping at its heels, salvaging its ailing reputation may be a matter of survival for Air Canada, Forgacs said.
THE CANADIAN PRESS

Development

New World Bank president chosen

American Jim Yong Kim, the president of Dartmouth College, has been chosen to be the next president of the World Bank. His selection extends the U.S. hold on the top job at the 187-nation development agency.
THE ASSOCIATED PRESS

Mining

Workers protest Rio Tinto's Olympics involvement

Officials of the union representing locked out Rio Tinto Alcan workers in Quebec were in London on Monday to denounce the mining giant's participation in the upcoming Olympic Games. Rio Tinto supplied metal for the 4,700 medals that will be handed out to the gold, silver and bronze medal finishers at the Summer Olympics and the Paralympics. In a video posted online, the group said that "injustice and pollution tarnish the Olympic medals." It held a news conference Monday.
THE CANADIAN PRESS

London 2012 Olympic medals
GETTY IMAGES

Economy

U.S. retail sales up in March

Americans bought more electronics, started home improvement projects and updated their wardrobes last month, inspired by warmer weather and a healthier job market.

Retail sales rose 0.8 per cent in March, the Commerce Department said Monday. The gain capped a strong quarter for retail spending, which is contributing to a brighter outlook among economists for growth in the January-March quarter. More retail spending also helped offset a decline in confidence among home builders. And it could ease concerns about March hiring, which slowed to half the pace of the previous three months.
THE ASSOCIATED PRESS

FIFTY SHADES OF GREY AS DULL AS A RAZOR BLADE COMMERCIAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

This isn't really a book review; think of it as a public service announcement for curious bookworms. I want to warn you to stay away from that new romance novel you've been hearing enthusiastic whispers about. I am, of course, referring to Fifty Shades of Grey by E. L. James, the first in a trilogy of erotic page-turners.

I really wanted to like it. I think it's wonderful when people put down their smartphones long enough to get excited about books, even if those books are dubbed "Mommy Porn." Sadly, despite what the New York Times hype machine has to say, Fifty Shades of Grey is JUST. SO. BAD. Not guilty pleasure bad, but "I'd like my $20 back" bad.

Perhaps I didn't give it a proper chance; after all, covertly skimming racy passages while riding public transit isn't the ideal way to enjoy some erotica. But even though I might have been distracted by my attempts to shield pages from nosy, over-the-shoulder-peering passengers, I don't think reading it in a private setting would have made that much of a difference.

So you want to read erotic fiction?

...with so many completely unbelievable character traits, this girl-next-door turned submissive-sex partner was far too hard to believe, even for fiction.

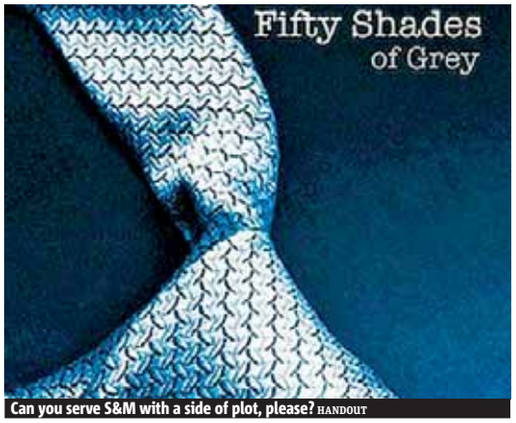
For those who have read the book, it should come as no surprise that it originated from a piece of Twilight fan fiction. It certainly reads that way. If you haven't read it, well I'd say "Spoiler Alert" but frankly there is hardly an actual story to spoil. I don't know about you, but I like a side of plot with my S&M interludes.

I assume it is common practice to give romance heroines completely ridiculous names, so I'll forgive Anastasia Steele for her eye-roll-worthy moniker. But with so many completely unbelievable character traits, this girl-next-door turned submissive sex partner was far too hard to believe, even for fiction.

Anastasia is of course astonishingly attractive and adored by all of the men around her while being entirely insecure. As a 24-year-old college graduate she has somehow never been drunk or owned a computer. She begins the novel as a virgin and her first time is obviously phenomenal because that's totally realistic. Finally, and this is maybe what bothered me the most, she is never hungry despite the numerous cardio-heavy sex scenes.

The distractingly bad writing and Anastasia's constant references to her 'Inner Goddess' made most of the supposedly steamy encounters as arousing as a television commercial for Venus razors.

Needless to say, suffering through 500 pages of this heroine's inner dialogue was torturous, and not in the intended, sexy kind of way.



Can you serve S&M with a side of plot, please? HANDOUT

Look guys, no hands

JONATHAN SCOTT

Dry den

Umbrella that frees your hands

For the man who has everything ... it's a hands-free brolly! The Nubrella, the "world's only patented hands-free and wind-resistant umbrella," is set to become a sales hit, especially among avid cyclists undeterred by inclement weather conditions.

Other popular usages of Nubrella, its creator says, include "pushing a wheelchair, standing in long lines and outdoor workers who can't hold an umbrella."

METRO

60 seconds

Alan Kaufman

'By accident'

Alan Kaufman, inventor of the Nubrella, explains to Metro the ins and outs of his creation.

How did you come up with this unusual umbrella?

I came up with the idea when living in New York City when I recognized the problem of umbrellas and wind. We thought of a product that's both aerodynamic and capable of withstanding strong winds. The hands-free came by accident during the design, yet has turned out to be the game-changer.

Has this been certified as roadworthy for cyclists?

There is no obligation from any government agency as we make no claims of safety. People can choose to use it where they want.

ANTHONY JOHNSTON

Speed dome

80 km/h

is the maximum speed of winds the Nubrella is tested to resist. Weighing more than one kilogram, this bubble-shaped rain-repelling contraption works by strapping on a shoulder support and extending a canopy around the head. One Nubrella will set you back $60.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Live-tweeting a marriage proposal — good idea or bad idea?

71% BAD IDEA, IT SHOULD BE A PRIVATE MOMENT

29% GOOD IDEA, IT'S THE MODERN-DAY VERSION OF SHOUTING YOUR LOVE

Twitter

@millerville:
There should really be more than 2 passport offices in a city of more than a million people. #yyc

@purplewitchyyc:
Colour me crazy even tho it snowed yesterday and there's snow showers in the 7 day forecast, today, it feels and smells like spring #yyc

@daftfashion:
Downtown seems exceptionally disgusting today #yyc

@rampagejames:
I'll be paying off this downtown day parking for the rest of the year. #yyc

@Derman1:
Ok... Since I didn't wash my truck, everyone can thank me now if the weather stays nice. You are all welcome! #YYC #FB

@SLIVERfoto:
Why is it that the sauna at my gym smells like the gorilla exhibit at the #Yyc zoo? #WhosFlingingPoo

metro

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2

SCENE

Scene in brief

Court upholds Stamos blackmailers' convictions

A federal appeals court has upheld the convictions of a man and woman from Michigan's Upper Peninsula who were accused of trying to blackmail actor John Stamos. A three-judge panel in Cincinnati rejected challenges to the indictment Monday as well as claims that Allison Coss and Scott Sippola should have received a break at sentencing for accepting responsibility. They were sentenced to four years in prison in 2010 after a jury convicted them of conspiracy and using email to threaten a person's reputation.

THE ASSOCIATED PRESS

On the web

Jack White to live stream New York concert with Gary Oldman directing

Fan-made TV merchandise

When you become a diehard fan of a TV show, you want to find out everything about the program. It takes a truly obsessed fan to want to buy everything related to it. Enter Etsy, the handcrafted and vintage item website that sells any quirky art project that might tickle your fancy. Among the arsenal of items includes some interesting pieces that only a true fan could create.
Are you curious to see what we mean? Check out the items below:

METRO WORLD NEWS
scene@metronews.ca

Top Gear Stig cufflinks

You can't own the cars featured on Top Gear. Heck, you can't even drive them. But, you can rock Stig on your sleeves as you cruise down the street.

Big Bang Theory bracelet

Keep your fellow nerds on hand (on your wrist) by wearing this charm bracelet, featuring the main characters of the show.

True Blood necklace

You won't be able to end the debate between Sookie's two vampire lovers. If only the necklace said the opposite on the other side, just in case you were feeling Bill was more suited for the Bon Temps beauty that day.

Heisenberg Blue Glass Rock Candy

Want a taste of the blue that Walter White from Breaking Bad cooks up? Try this blue glass rock candy. Warning: It may be addictive.

Downton Abbey cross stitch pattern

Nothing proclaims you're down with Downton Abbey like this pattern featuring the cast of the show. Stitch away as you unravel the complexities of North Riding of Yorkshire.

Glee magnets

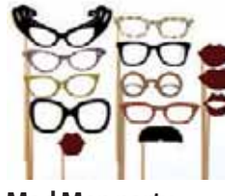
Decorate your locker with these Glee magnets, and you'll be the coolest gleek in the school. Too old for a locker? Put these on your refrigerator and reminisce about your days in the glee club.

Doctor Who TARDIS-inspired men's tie

The doctor is in… your wardrobe! With this fashionable tie, you'll do the Time Lord proud.

The Stallion Who Mounts the World onesie

While Daenerys from Game of Thrones couldn't have her little stallion, you can show off yours with this cute outfit that will make your Dothraki warrior prince or princess all the rage.



Mad Men party on a stick

For your next Mad Men themed viewing party, wear these handy costume props and go incognito as one of those background characters that helps Sterling Draper Cooper Prince run as smooth as that glass of whiskey.

South Park hats

Grab three friends (or two friends, that silent kid and that frenemy) and wear these crocheted creations throughout the year, day in and day out.

DVD reviews

Mission: Impossible - Ghost Protocol

Director. Brad Bird

Stars. Tom Cruise, Jeremy Renner, Simon Pegg

● ● ● ●

Ghost Protocol is the fourth movie adaption of the 1960s Mission: Impossible TV series. But it doesn't feel like it. Tom Cruise stars again as Ethan Hunt, yet something has changed for the better. Instead of the convoluted dramas of impossible missions past, this is more of a convoluted comedy. Brad Bird, who directed The Incredibles for the Pixar 'toon factory, brings an antic, superhero sensibility to his first live-action directing assignment, making Ghost Protocol feel like a series reboot.

PETER HOWELL

Shame

Director. Steve McQueen

Stars. Michael Fassbender, Carey Mulligan

● ● ● ●

Shame is anything but romantic. Brandon (Michael Fassbender) is obsessed with sex. Perpetually aroused, he seeks constant release through sexual activity of all kinds — one-night stands, hookers, Internet porn — but he is never fulfilled. He yearns for genuine human contact, but is apparently incapable of it. McQueen's powerful sophomore work, which he co-wrote with Abi Morgan (The Iron Lady), is not just about sex. It packs a subtle message about the fraying of human connections in the modern world. PETER HOWELL

The horror, The Horrors

Future sounds. The Horrors channel the original spirit of punk by shying away from music movements and carving out their own sound

CHRIS LEO PALERMINO
Metro World News in Boston

The Horrors are already a household name in the U.K. GETTY IMAGES

When referring to The Horrors, don't use words like "post-punk" or "revival." Rhys Webb, bassist for the U.K. band, emphasizes that they're trying to make music with the original spirit of punk.

But even that term might hold limitations.

"As far as we're concerned, we just want to make music for the future," says Webb. "We want to make music that people haven't heard before."

Their third album, Skying, which hit No. 5 on the U.K. charts last year, embodies the punk aesthetic and musically runs the gamut from psychedelia to no-wave.

"We've just wanted to make it trashy. We wanted to play garish music like [the original] punks saw," says Webb.

Starting in the midst of a scene typified by Joy Division- and Gang Of Four-inspired post-punk, The Horrors strove to make their own footprint.

"Our own connection is that we had nothing to do with it," says Webb of the London scene, "but we were part of it because we didn't like what we were hearing. The whole thing has been a constant organic progression."

Since their beginnings in the underground, The Horrors have become a household name in their homeland, developing their sound and playing elite festivals in the U.K.

"But, we don't make pop music for other people to enjoy it," insists Webb.

"Our approach is not different than other bands playing to 50 fans once a month: Basically we try and do the things that make us an underground band."

Modesty

This band stays grounded

While the band has grown in popularity regardless of their attitude, they haven't changed their priorities. "We're not a band thinking that we're big; it's never really something that we enter in our mind," says Webb. "The great thing about this band is that the people that come out and see us really love us," he adds.

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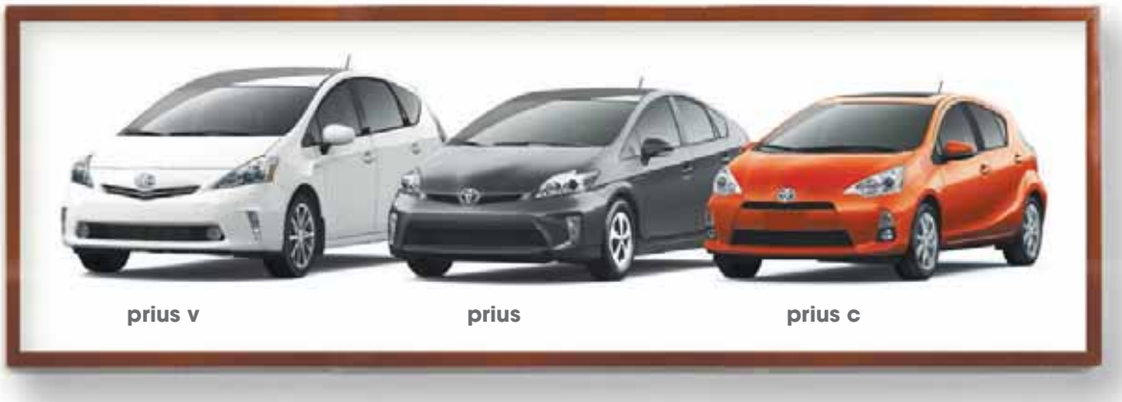

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Girls gone mild: Show keeps it real

Normal in New York.
HBO series focuses on a Bradshaw character sans the Blahniks

TINA CHADHA
Metro World News in New York

"Girls is a show that couldn't exist without Sex and the City (SATC) and is about girls who grew up watching SATC, but is not directly linked to SATC," Lena Dunham says about the highly anticipated new HBO series she created, wrote, directs and stars in.

Unlike the fab, Manolo-filled lives of Carrie and co., Girls is about four 20-somethings fumbling through life in Brooklyn.

Wannabe writer Hannah, played by Dunham, and her besties glamourize a different New York, one where blog writers are subsidized by mom and dad and affairs take place on couches in Prospect Heights rather than at the Ritz.

"SATC characters are always going to be [an] archetype for women in New York, but we are covering a different age range," Dunham explains. "This show just has a different energy."

As a matter of fact

"My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

Lena Dunham, creator, director, writer and star of Girls

Dunham's New York is populated by entitled youth who have awkward sex, both subjects she also explored in her 2010 breakthrough movie Tiny Furniture, which won the Narrative Feature Film Award at SXSW and charmed HBO executives. The film was based on her post-college experience lingering around her parents' Tribeca loft while trying to find herself, a similar sentiment shared by Hannah — but one not all viewers may be sympathetic about.

"Some of these issues might seem 'hashtag: white girl problems,' but I also think that some of that is real," Dunham insists. "Hannah is self-aware about some of it and not about some of it, much the way people are in real life. We're saying it's OK to laugh at her. It's OK to criticize her."

Lena Dunham as Hannah in Girls. HANDOUT

Even if Hannah's family life isn't entirely relatable, the candor with which the show examines relationships will be. Sex scenes are graphic and cringe-worthy; in one shot, Dunham is naked and on her knees. Throughout the series, she doesn't shy away from opportunities to brazenly bare her larger-than-size-2 body.

"Because historically the women who do sex scenes look a certain way, there is something inherently political about putting a body that doesn't look that way onto the screen," she explains.

"That was sort of the impetus starting out. My character doesn't look like a model, and my character has sex — those are two facts of the show and facts of many young women's lives."

Treats in the tub?

Of all the conversation-sparking scenes in the Girls premiere episode, one in particular sticks out. We had to know: Why does Hannah eat a cupcake in the bathtub?

- "It makes so much sense to me," Dunham laughs. "It's just so funny because I was just like, 'Obviously, if you're late to go to work in the morning and you have poor nutritional habits you're going to eat your breakfast hanging out of the shower, and it's going to be a cupcake.' It just made sense to me.

Delivering the goods.
Fairly Legal star on a new season, co-star and calling

MEREDITH ENGEL
Metro World News in New York

If this whole acting thing doesn't work out for Sarah Shahi, the star of Fairly Legal, she's got a backup plan ready to go.

"A couple years ago, I helped give birth to my manager's baby," says the actress, who herself opted for a water birth when it came time to deliver her own son.

"To be able to see the miracle of life that up close and personal, I felt such a rush of emotions and I got such a high from it. I called my husband and I was like, 'I think I'm in the wrong field. I think my calling is to become a midwife.' I just felt so fulfilled in that moment. Maybe I am doing the wrong thing, but who knows? Maybe I'll be an acting midwife."

For now, at least, it's the acting part that's coming first: Season Two of Fairly Legal, in which Shahi plays Kate Reed, a San Francisco lawyer-turned-mediator, is in full swing.

The actress dished to us about the challenges Kate faces in the second season — including a love triangle that even she admits she doesn't know the outcome of.

"We're gonna take all of Kate's security blankets away," she says. "We're gonna make her uncomfortable this year. She's gonna be homeless. We're gonna take [her ex] Justin away and then we're gonna introduce a new guy who Kate would rather have surgery in her eye than be with, and then she's gonna end up falling in love with him."

The show will also welcome guest star Meat Loaf ("He likes to be called Meat," she says) as a union worker heading up a strike.

Sarah Shahi says playing the role of a strong, feminine lead on prime time "is just wonderful." HANDOUT

"He was very nice. He said that he watched Season One and I was a big reason why he came on-board for the show. He liked me and wanted to work with me. It was pretty surreal."

It's all about character

Shahi tells us she shares more than looks with Kate.

- "We're both very feisty, loud and outspoken, and like to drink and flirt. But she has this quality about her that is very childish, and she can rub a lot of people the wrong way. She doesn't really realize her unstructured behavior doesn't really work in a very structured world. [And even] the best intentions create consequences, so she can be selfish in that respect. But that's also part of why I like her so much -- her flaws. She's the one of the most honest characters I've ever played. You want to kiss her one minute and then punch her the next."

Not forgetting Michelle Williams

Jason Segel is lobbying hard for the title of Most Adorable Boyfriend, as the How I Met Your Mother actor apparently tapes photos of girlfriend Michelle Williams to the back of his iPhone case, according to the Daily Mail.

Segel was spotted carrying the personalized phone in L.A. this weekend. A photo alone would be sweet, sure, but Segel also has the phrase "I love you" scribbled over and over again around the pictures.

"They're much more serious than everyone thinks," a source says. "They're really happy."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pippa get your gun?

THE WORD
Dorothy Robinson
scene@metronews.ca

Pippa Middleton could face prosecution for her involvement in an incident in which a male friend brandished a semiautomatic handgun at a photographer in Paris, according to the Sun.

A photo taken by the paparazzo shows Middleton — the sister-in-law of Prince William — grinning in the passenger seat of a convertible as the driver aims the firearm at the camera.

Paris police officials are expected to launch an investigation.

"If the evidence points to her involvement, she will be prosecuted.

Anybody involved in the illegal use of a handgun in public is liable to arrest and interrogation," a source says, adding that if the gun proves to be real, brandishing it in a public place is punishable by up to seven years in prison "for all parties involved" (including Middleton's friend, fashion mogul Arthur de Soultrait, who was in the backseat of the car).

If it was a fake gun, the maximum sentence is two years.

Wait. You can get two years in prison for showing off a fake gun in France? And here I thought their attitudes towards fat people were harsh.

Brad Pitt and Angelina Jolie ALL PHOTOS GETTY IMAGES

After delaying marriage in defiance of Prop 8, is Brangelina giving up?

Angelina Jolie and Brad Pitt are now engaged to be married, but what about their earlier claims that they would not tie the knot until everyone in the U.S. — including gays and lesbians — had the same right? Looks like they got tired of waiting. But Rebekah Orr of Equality California still supports the famous couple. "Marriage is something that says, 'We're a family' in a way that nothing else can," she tells TMZ. "No one has to deny that for themselves or their family to prove they are an ally and supporter of equality." Besides, Jolie and Pitt have already showed their support several times over, contributing more than $1 million to the fight against California's Proposition 8, which outlawed same-sex marriage in the state.

Stars gleefully in love at Coachella

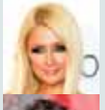
Glee co-stars Lea Michele and Cory Monteith took their real life romance to the Coachella music festival this weekend, according to Us Weekly.

Montheith arrived after Michele at a VIP pool party — but reportedly made up for his tardiness with some public displays of affection. "He tapped her on the shoulder and she was so excited to see him, she threw her arms around him and they hugged and kissed on the lips," a source reports, adding that the couple then retreated to a private cabana.

"Their arms were constantly around each other and they were talking very close. They definitely looked like a couple with how affectionate they were being in public."

Michele wasn't shy about her excitement online, either: "I just saw a really hot 6-foot-3 Canadian with a tribal arm band hanging by the pool," she posted to Twitter when he arrived. "So happy."

Twitter



@ParisHilton
DJ's are the New Rock Stars!

@ricky_martin
today I'm happy but with the kind of happyness that makes you wanna sleep naked. So 2nite.... naked will B! gd nite everyone ZZzzz

@SarahKSilverman
What if we definitively found out there's no God or Allah or anything? Would there be more killing or less? Discuss

@SethMacFarlane
You guys know who Cecil B. DeMille was? No? Okay, that's okay, I've got a tweet about him but never mind.

3 LIFE

Health minute

Big breasts at risk

Women aged 50 and over with dense breasts (high percentage of dense tissue) have a higher risk of breast cancer recurrence than women with less dense breasts. Researchers at the Karolinska Institute in Sweden believe that the extra tissue means more cells, and more cells lead to an increased risk of developing cancer. METRO WORLD NEWS

On the web

Antibiotic-resistant bacteria found in ancient cave could be source of new drugs

Take the bad habits challenge

Do you work out or opt to sleep in? Charles Duhigg, author of The Power of Habit, puts you to the test

ROMINA MCGUINNESS
Metro World News

Take the quiz and then get out there and break those bad habits. ISTOCK PHOTOS

1. When you feel an urge to eat a cookie, you:
A. Ignore it and power through the task at hand.
B. Tell yourself that if you can answer the emails in your inbox, you can get a chocolate chip treat.
C. Start looking for an excuse to go to the cafeteria.
D. Run to the cookie tray in the break room.

2. When you see a donut box sitting on a counter, you:
A. Engage in a stoic mantra of self-denial. ("I am stronger than the donuts. I am stronger than the donuts.")
B. Distract yourself by thinking of how great you'll look on the beach if you skip it.
C. Start craving a jelly-filled treat, even if you just ate a big breakfast.
D. Excuse me while I wipe this powdered sugar off my chin.

3. Every morning you:
A. Go for a run, no matter the weather. Once, you ran through three feet of snow. And a hurricane.
B. Eat something healthy and, if you have some extra time, stretch or exercise.
C. Glance longingly at your workout clothes, and then eat a waffle in front of the television.
D. Morning? I haven't been awake during the morning in years.

4. When you want to create a new habit, you:
A. Program your mind circuitry with a new algorithm.
B. Figure out a cue to trigger a new behavior, and a reward to give yourself afterwards.
C. Write a note that says, "Remember your new habit!" and tape it on the mirror.
D. Decide that a new habit sounds like too much work.

5. To start training for a triathlon, you:
A. Cut back on your daily runs — you're already prepared for the Ironman. And a normal triathlon is child's play
B. Come up with a training plan and figure out why you're likely to miss training sessions — and what you will do when you encounter those 'inflection points' that interfere with your plans.
C. Tell your sister you have signed up for a triathlon, and then forget to train.
D. Sell your entry on eBay.

6. When you are sitting at a restaurant eyeing the basket of dinner rolls, you:
A. Ignore it effortlessly. You haven't eaten a single carb in 12 years.
B. Put the rolls out of your line of sight, so they won't tempt you.
C. Pour salt all over the rolls, and then pepper.
D. Eat all the rolls you can stuff into your mouth, and then put the extras in your pockets.

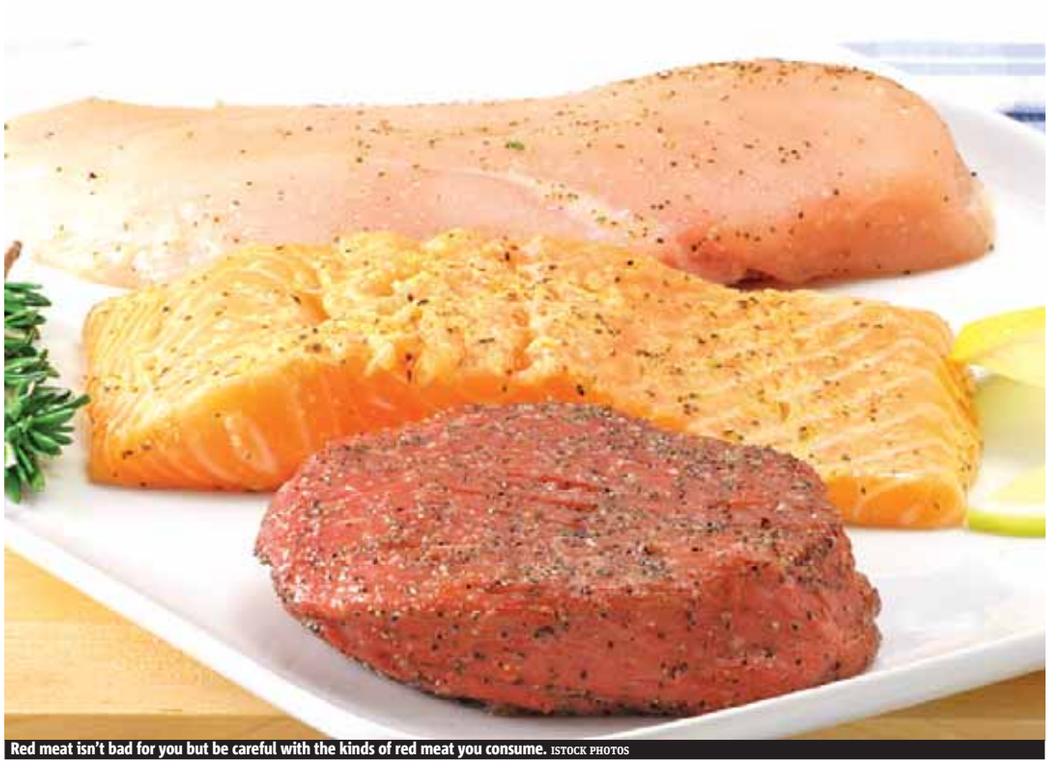
7. If you are worried that you are drinking too much, you:
A. Never have another alcoholic beverage as long as you live.
B. Try to figure out why you are having a glass of wine every night. Because you have trouble relaxing? Because it helps cap the day? And then, find something else that provides you with the same reward, but doesn't include as much alcohol.
C. Switch from cocktails to half of an after-dinner glass of wine or beer.
D. Abandon liquor for hard drugs.

8. After having a child, your top priority is:
A. How many gold medals will my child win? If it is less than 10, I will consider myself a failure.
B. Teaching them willpower habits, like making their bed each morning, which will eventually help them do their homework on time.
C. Doing everything I can to model healthy and happy habits in my marriage and life.
D. Disproving paternity.

Scoring key

Give yourself 1 point for every "A", 2 points for every "B", 3 points for every "C" and 4 points for every "D"

- **8 points:** You are a cyborg. Don't worry about your habits — everything depends upon your programming. Your chiseled abs are the envy of everyone else.
- **9 to 16 points:** Congratulations! You understand that habits can be designed and changed. You have spent time learning that every habit has a cue and a reward — and that if you choose the correct cue, and deliver the right reward, you can remake any pattern.
- **17 to 24 points:** You have learned to control some of your habits, but not all of them. The key is to diagnose your cues and rewards, and remake the patterns in your life.
- **25 to 32 points:** Don't worry, bro. Just keep playing video games. Jobs are overrated. Besides, why would you ever want to move out of your parents' house?



Red meat isn't bad for you but be careful with the kinds of red meat you consume. ISTOCK PHOTOS

The devil is in those details — know your enemy when it comes to eating red meat

The jury might still be out on the tastiest meals. But one thing is clear: you should avoid processed red meats at all costs

CELIA MILNE
life@metronews.ca

Is there a healthy amount of red meat?

The pendulum is swinging back and forth on this. While a recent large-scale study done at Harvard University showed every extra daily serving of red meat increased the risk of dying prematurely by 13 per cent, two other studies found no association between eating red meat and dying early.

On balance, two things seem clear. One is that it's better to cut down on red meat, and the other is that processed red meats — such as sausages, hot dogs, bacon and salami — are the real enemies of long-term good health.

We asked Halifax dietitian Tristaca Caldwell what advice she gives to clients about red meat.

"I generally recommend a 2-2-2-1 rule: Each week, aim to have two servings of lean red meat, two servings of lean poultry, two servings of fatty fish and at least one vegetarian meal," she says. "This ensures we are getting low amounts of saturated fat and adequate amounts of essential fatty acids, such as omega-3 and omega-6."

An appropriate serving size for meat, according to Caldwell, is about the size of a deck of cards. She adds that red meat is a great source of iron, protein, zinc, vitamin B6 and B12, as well as conjugated linoleic acid. But it is higher in saturated fat than poultry and fish, so it can increase our risk of high cholesterol and heart disease.

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Fish & Chips that are worthy of the east coast at Trawlers

Atlantic Cod with Chips ($10.45). DAN CLPASON

LUNCH RUSH
Dan Clapson
life@metronews.ca

I usually reserve my fondness of fish and chips for the east coast of Canada and visits to England, with one exception: Trawlers Seafood Kitchen, attached to Boyd's fish shop on 14th St. S.W.

It definitely has that 'hole-in-the-wall' kind of look to it. It could be time for a renovation, but, regardless, it's always lined up at lunchtime.

To me, line-ups mean either the food is over-hyped, or just plain delicious. Let's cross fingers for the latter.

The menu offers everything from fried oysters and scallop meals to fish sandwiches to, of course, the standard fish and chips.

I kept things simple and went with a one piece Atlantic Cod and chips option ($10.45). The fries were crisp, the batter was light and, most importantly, the fish was flaky and notably fresh.

I'll never look at the frozen battered fish fillets in my freezer the same way again.

Visiting the restaurant

Trawlers Seafood Kitchen
Address. 1515 14th St. S.W.
Phone. 403-245-6311
Website. trawlersseafood.com
Rating. 4/5
Price range. $9.25 - $19.95
Reservations. No
Licensed. No
Client negotiations. No
Lunch with co-workers. Yes
Social lunch. Yes
Quick solo lunch. Yes

Mashed Carrots. This colourful side dish is a great addition to dinner

1. In a saucepan over high heat, bring 2.5 cm (1 inch) of water to a boil. Add carrots; cover and reduce heat to simmer. Cook for 10 to 15 minutes or until carrots are very tender. Use a slotted spoon to transfer carrots to a food processor.

2. Add butter, milk and cumin, then process for about 2 minutes or until very smooth, scraping down sides a few times while processing. Season with salt and pepper to taste.

THE ASSOCIATED PRESS / ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1.5 kg (3 lb) carrots, peeled and cut into chunks
- 60 ml (4 tbsp or 1/2 stick) butter
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) ground cumin
- Salt and ground black pepper

Where's the beef? Not in this chili

This recipe makes six servings. THE CANADIAN PRESS H/O

This chunky turkey chili may be made with turkey thighs or ground turkey.

Serve it topped with shredded cheese and corn tortillas, if desired. You can also serve it over baked potatoes.

1. Place ground turkey in a large saucepan and cover with cold water. Bring to a boil over high heat; cover and simmer for 20 to 25 minutes, or until juices run clear when turkey is pierced. Remove to plate and let cool. (If using thighs, remove skin and bones; chop and set aside.)

2. In a Dutch oven, heat oil over medium heat. Add onions and carrots; cook for 7 minutes, stirring occasionally. Stir in garlic and jalapeno pepper; cook for 1 minute. Stir in tomato paste. Stir in turkey, tomatoes with juice, beans, broth, chili powder, oregano and cumin; bring to a boil, stirring often. Reduce heat; cover and simmer for about 20 minutes.

THE CANADIAN PRESS/ FOODLAND ONTARIO/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 625 g (1 1/4 lb) ground turkey
- 30 ml (2 tbsp) vegetable oil
- 375 ml (1 1/2 cups) chopped onions
- 250 ml (1 cup) diced carrots
- 1 large clove garlic, minced
- 15 ml (1 tbsp) minced seeded jalapeno pepper
- 1 can each (156 ml/5 1/2 oz) tomato paste and diced tomatoes
- 2 cans (each 540 ml/19 oz) bean medley or mixed beans, drained and rinsed
- 175 ml (3/4 cup) chicken broth or water
- 30 ml (2 tbsp) chili powder
- 15 ml (1 tbsp) dried oregano
- 5 ml (1 tsp) ground cumin

Advice

Tips for tipping

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
I have a question about tipping when ordering food for delivery from a restaurant. What is the appropriate amount to tip the delivery person? Also, should this be adjusted based on whether the restaurant adds a delivery charge, or whether they have a separate, higher-priced menu for delivered food instead of a delivery charge? I also live in a condo ... does this make a difference? I find no one really knows how much to tip, except that it seems it should be less than in a restaurant.
Thank you, Susan

Dear Susan,

Firstly, the fact that you live in a condo has absolutely nothing to do with how much you should tip for any delivery service.

Secondly, some restaurants charge a delivery charge as you mentioned, however rarely if ever do these go to the driver, and to your final point, sometimes restaurants have a higher-priced takeout menu as this covers either packaging costs and or fees with a third party that they work with for the takeout delivery service.

So now the final part of your question, how much!

I personally always give 10 per cent for deliveries, while in a restaurant with full service I would give a gratuity of 15 to 20 per cent.

I also have consulted with several etiquette colleagues who agree with the 10 per cent suggestion. Now remember a tip has to be earned — the driver should be on time, polite, friendly and the food should be delivered hot.

Remember it is OK to reduce the amount of a tip based on poor service and if service is bad, remember to call the restaurant to let your concerns be known.

A 10-per-cent tip seems fair for a delivery person. ISTOCK

How to get the perfect online dating profile

Guidance. Artful Online Dating's Christine Hooker helps clients build creative profiles

CASSANDRA GARRISON
Metro New York

Are you a single gal who "loves to have fun" and is looking for "a nice, funny guy?" Or are you a single guy who is "currently obsessed with The Wire" and wants to meet a "cool girl?"

Then you, my friend, are an online dater with a chronically uncreative profile. It happens to the best of us.

Anyone who has ever taken the plunge and signed up for a dating website is well-versed in what can be the agonizing experience of writing a witty, clever and non-creepy (guys!) profile. And worse — choosing photos that don't scream, "I'm doe-eyed and sassy. Look at my cleavage" or "See this six-pack? This could be yours."

But single people — there is hope, and it comes in the form of Brooklyn-based startup Artful Online Dating (artfulonlinedating.com).

Christine Hooker, 30, found an untapped market for digital dating guidance after helping countless friends improve their profiles once she successfully met her own boyfriend online. She quit her corporate advertising gig and launched Artful Online Dating for singles who need a little help letting their personalities shine online.

"For me, online dating was really fun and I found that because I had a marketing background, it came very naturally to me," Hooker said. "But for people who are not used to writing that kind of description of themselves, it can be daunting."

Through Artful Online Dating, Hooker offers services (including a Wingman Supreme) that can help you maximize your online potential. Maybe you don't have a knack for writing — she'll meet with you and ask questions to bring out your more interesting quirks to include in your profile. For between $20 and $79, she will scan your answers for overused phrases, weed out your generic photos or even help you craft the perfect first message.

Hooker shared some expert advice with Metro about creating the ultimate profile, but first, we took the opportunity to ask her a question that has been burning in our minds: Why do so many girls have moustaches in their profile pictures?

"It's an epidemic," Hooker laughed. "The psychology behind it might be that you want to show a goofy side of you and it's hard to do that in a picture without looking like an idiot."

But will this trend ever die?

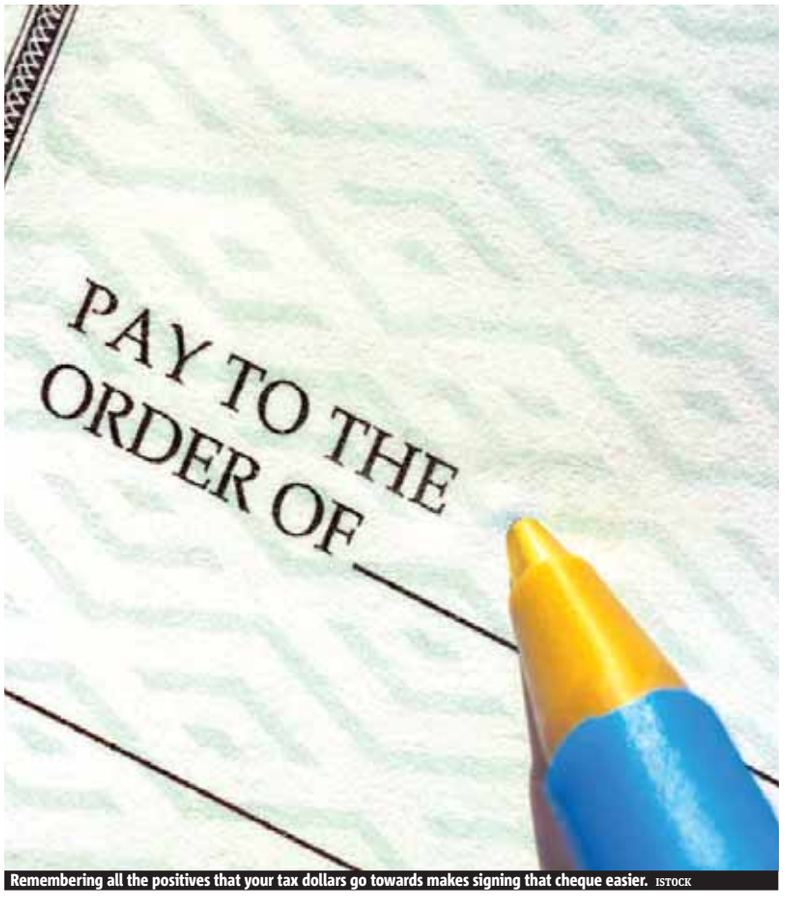
"I think people don't realize that everyone else is doing it. It's sort of the hipster lexicon of visuals," Hooker explained.

"I am going to declare that moustaches are over."

OK, now that that's cleared up, Hooker had some other tips for both men and women when it comes to those dreaded questions and answers: have a sharp, clear head shot that shows your face well; if you say you like to "have fun," for goodness sake, please elaborate; don't waste space on details that aren't necessarily interesting to potential matches (ladies, your obsession with Grey's Anatomy: fellas, your penchant for working on cars with your boys).

"Think more about what you would want to do with that person," Hooker advised.

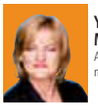
"Instead of saying you love taking cooking classes with your best girls, say you like to cook a nice meal for someone who appreciates it."



Remembering all the positives that your tax dollars go towards makes signing that cheque easier. ISTOCK

Five reasons to feel good about filing your return

Tax time. Things to keep in mind that make parting with your money less painful



YOUR MONEY
Alison Griffiths
money@metronews.ca

My tax return is finished and I'm happy about that.

But I'm going to pay more income tax than expected. I'm not at all happy about that.

Nor does it please me that I still have to work until early June before Tax Freedom Day, after which the money I earn goes to me, rather than the government.

After stamping my feet for a bit, I reminded myself that taxes are the cost of having a civilized society. So I came up with five reasons to feel good about the government bite.

1. Unless you are Mitt Romney, it means you have a paying job! And that's nothing to sneeze at these days.

2. You're getting something in return. I like Americans and own a home in Florida, but an appalling number of my U.S. friends have an aggressive me-first attitude. They seem to think that society will simply run itself without taxes and government.

3. I'm helping care for those who need help. We are our brothers' and sisters' keepers. Canada still has a social and medical services safety net and, though not perfect, it's a lot better than nothing. Taxes make that possible.

4. When you pay more tax it means you are earning more money. A wise chartered accountant once said to me that it is better to earn more and pay more tax than be stuck at the bottom of the income ladder

5. It's less than it used to be. Marginal tax rates for the middle-income crowd ($42,000 to $85,000) have dropped from 26 per cent in 1998 to 22 per cent in 2012.

Feel better now? There is, of course, much waste and inefficiencies at all levels of government.

We should not focus on slashing, spending and lowering taxes, which is our current government's obsession, but on using those tax dollars more wisely.

We are, in large part, a kind country, and tax is the price of keeping it that way.

Alison's rule

"We all hate to pay taxes, but we'd all hate to live in a country where they don't exist."

By the numbers

20%

The proportion of the average household's budget that goes to taxes (not including GST or HST).

Real Estate

Valuable home renovations

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Small improvements can translate into big home value. ISTOCK

After one week on the market and minimal negotiation, I sold my house Saturday night for the price and conditions I wanted.

When I purchased my home seven years ago, it was in rough shape: badly stained carpets, dreadful paint colours, rickety appliances and filthy. But the location was great, and the price point suited my small budget. I bought the house and began my journey of adding value through affordable home improvements.

Because of my limited budget, I couldn't upgrade the house all at once. So I tackled my list of improvement ideas over three years.

I consulted home renovation blogs and kicked off my improvements with a hundred hours of thorough cleaning of cabinets, drapes, floors, walls, closets and more. This allowed me to determine whether I could repair, rather than replace, certain aspects of the home. I repaired my furnace and saved $4,000.

My floors, however, stunk of dog doo and bleach. I replaced them with high quality hard wood, which was on sale because my local supplier was over-stocked. I negotiated a further discount in exchange for paying cash and taking the product that same day.

I coupled the floor installation with new paint, light fixtures, faucets, toilet seats, knobs on the cupboards and had my electrical outlets updated. Once completed, I hit up eBay, Craigslist and garage sales for gently used furniture and appliances. I bought a new stove, still in its original wrapping, for $60.

According to Bankrate.com, you can add value to your home on a shoestring budget by focusing on:

-Kitchen, bathrooms and appliances: upgrade faucets, appliances, paint, refinish cabinets, re-grout tiles, and replace knobs and toilet seats.

-Storage: reduce clutter by setting up well-designed storage spaces.

-Mechanics and plumbing: hire an electrician and plumber to fix any issues and make improvements to the 'nitty-gritty' aspects of the home.

-Lights and flooring: update light fixtures, carpets or refinishing worn-out hardwood.

Small improvements translated into a much better price for my property. Add value to your home through sweat equity and affordable upgrades.

Sports in pictures

Goals start to flow as Bruins one-up Capitals

NHL. Boston manages to put four past Holtby to take series lead

Rich Peverley, centre, celebrates his goal with Chris Kelly, left and Johnny Boychuk Monday in Washington. NICK WASS/THE ASSOCIATED PRESS

Zdeno Chara scored the tie-breaking goal during four-on-four play with less than two minutes left, and the reigning Stanley Cup champion Boston Bruins finally solved playoff rookie goalie Braden Holtby, beating the Washington Capitals 4-3 Monday night to take a 2-1 lead in the first-round series.

Chara's shot from the right circle appeared to get deflected on its way past Holtby. The Bruins captain also had two assists.

Tim Thomas, last season's playoff MVP, made 29 saves and ignored the taunting from fans who held up photos of President Barack Obama, reminding Boston's goalie that he turned down a trip to the White House in January with his teammates.

Game 4 is Thursday in Washington before the series shifts to Boston for Game 5 on Saturday.

Brian Rolston, Rich Peverley and Daniel Paille also scored for the Bruins.

Alex Ovechkin, Alexander Semin and Brooks Laich got Washington's goals. Laich scored on a breakaway with six minutes left to make it 3-3, but Chara came through with 1:53 remaining for second-seeded Boston.

Holtby, who blocked 72 of 74 shots through the first two games, was good but not great Monday, making 25 saves.

There were four goals in 1 1/2 periods Monday, and a lot more hitting and fighting.

Ovechkin attempted to set the tone right away, flattening defenceman Dennis Seidenberg with a big, roar-inducing hit less than 30 seconds in. About 10 minutes later, Ovechkin was at it again, rattling Rolston, one of the five hits the Russian accumulated in the first period.

Nearly every save made by Holtby drew raucous cheers from the red-clad fans in the stands. He caught a one-on-one try by Milan Lucic in the first period, inspiring chants of "Holt-bee! Holt-bee!"

The spectators tried to bother Thomas, mocking him by chanting his name and showing signs that made reference to his decision to skip the trip to visit the president. Thomas, who was born in Michigan and went to the University of Vermont, said at the time he believes the federal government "has grown out of control."

THE ASSOCIATED PRESS

Game 3

Bruins	Capitals
4	3

Playoff heavyweights find themselves on the ropes

How the mighty have fallen.

It took less than a week for the Vancouver Canucks and Pittsburgh Penguins to go from Stanley Cup contenders to potential first-round fodder. Over a matter of days, the Canucks and Penguins both dug big 0-3 holes — a deficit that has been virtually insurmountable over the history of the NHL.

"I'm surprised to see both of them on the ropes," said Kevin Weekes, a former NHLer who now works as a broadcaster for CBC.

He's far from alone.

The Canucks head into Game 4 in Los Angeles on Wednesday night looking to avoid a dubious entry in the record book — they could become the first team in the NHL's post-expansion era to finish with the most points in the regular season and get swept in the first round of the playoffs.

Goalie Cory Schneider, David Booth, front, and Kevin Bieksa of the Vancouver Canucks react as fans cheer Dustin Brown's goal for the Los Angeles Kings in Game 3 Sunday in Los Angeles. STEPHEN DUNN/GETTY IMAGES

There isn't much debate over the difference in the series so far. Vancouver has mustered just four goals against Los Angeles goaltender Jonathan Quick through three games.

Quoted

"What he's accomplished this year is probably something I've never seen before."

CBC broadcaster Kevin Weekes on the play of Kings goalie Jonathan Quick.

The Penguins have been outscored 20-12 over three games by the Philadelphia Flyers. They'll also be facing elimination on Wednesday night.

Both teams were labelled Cup favourites this spring for a good reason and could still reverse course to become the fourth franchise to come back to win a series after being down 3-0. THE CANADIAN PRESSW

1 Soccer. Muamba out of hospital

Fabrice Muamba was discharged Monday from the hospital where the Bolton midfielder had been treated since collapsing from a cardiac arrest during a game March 17. THE ASSOCIATED PRESS

2 NFL. Peyton joins Broncos

Peyton Manning arrived Monday at the Denver Broncos headquarters for the start of off-season workouts. THE ASSOCIATED PRESS

3 Tennis . Raonic ousted in Monaco

A comeback fell short for Canadian Milos Raonic in a 6-2, 3-6, 6-3 loss to Spain's Albert Montanes at the Monte Carlo Masters Monday. THE CANADIAN PRESS

4 SPORTS

NHL

Rangers beat Senators

Brian Boyle scored the winner in Ottawa as the New York Rangers defeated the Ottawa Senators 1-0 Tuesday night in Game 3 of the best-of-seven Eastern Conference quarter-final series.

Figure skating

Coach parts ways with Chan

Canadian figure skating star Patrick Chan has lost a coach. American Christy Krall, widely credited with helping Chan acquire the quad jump that has propelled him to the top of the podium, has resigned citing a difference in coaching philosophies. "Things were switching inside the dynamics of my partnership with Patrick," Krall said. Krall said her role had diminished while Chan's other coach Kathy Johnson, a modern dance teacher, had assumed a larger role. THE CANADIAN PRESS

On the web

After an off-season of ownership turmoil, the Los Angeles Dodgers have managed to surge out of the gate to a 9-1 start. And NL MVP runner-up Matt Kemp says the Dodgers "can definitely get higher." Scan the code for the story.

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

All Times Eastern

FIRST ROUND

CONFERENCE QUARTER-FINALS (Best-of-7)

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)
(N.Y. Rangers lead series 2-1)
Last night's result
N.Y. Rangers 1 Ottawa 0
Saturday's result
Ottawa 3 N.Y. Rangers 2 (OT)
Tomorrow's game
N.Y. Rangers at Ottawa, 7:30 p.m.
Saturday, April 21
Ottawa at N.Y. Rangers, 7 p.m.

BOSTON (2) VS. WASHINGTON (7)
(Boston leads series 2-1)
Last night's result
Boston 4 Washington 3
Saturday's result
Washington 2 Boston 1 (2OT)
Thursday's game
Boston at Washington, 7:30 p.m.
Saturday, April 21
Washington at Boston, 3 p.m.

FLORIDA (3) VS. NEW JERSEY (6)
(Series tied 1-1)
Sunday's result
Florida 4 New Jersey 2
Tonight's game
Florida at New Jersey, 7 p.m.
Thursday's game
Florida at New Jersey, 7 p.m.
Saturday, April 21
New Jersey at Florida, 6:30 p.m.

PITTSBURGH (4) VS. PHILADELPHIA (5)
(Philadelphia leads series 3-0)
Sunday's result
Philadelphia 8 Pittsburgh 4
Tomorrow's game
Pittsburgh at Philadelphia, 7:30 p.m.
Friday's game
x-Philadelphia at Pittsburgh, 7:30 p.m.

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)
(Los Angeles leads series 3-0)
Sunday's result
Los Angeles 1 Vancouver 0
Tomorrow's game
Vancouver at Los Angeles, 10 p.m.
Sunday, April 22
x-Los Angeles at Vancouver, TBD

ST. LOUIS (2) VS. SAN JOSE (7)
(Series tied 1-1)
Last night's result
St. Louis at San Jose
Thursday's game
St. Louis at San Jose, 10:30 p.m.
Saturday, April 21
San Jose at St. Louis, 7:30 p.m.

PHOENIX (3) VS. CHICAGO (6)
(Series tied 1-1)
Saturday's result
Chicago 4 Phoenix 3 (OT)
Tonight's game
Phoenix at Chicago, 9 p.m.
Thursday's game
Phoenix at Chicago, 8 p.m.
Saturday, April 21
Chicago at Phoenix, 10 p.m.

NASHVILLE (4) VS. DETROIT (5)
(Nashville leads series 2-1)
Sunday's result
Nashville 3 Detroit 2
Tonight's game
Nashville at Detroit, 7:30 p.m.
Friday's game
Detroit at Nashville, 8 p.m.

RANGERS 1, SENATORS 0

First Period — No Scoring.
Penalties — Spezza Ott (cross-checking) 2:21, Staal NYR (interference) 5:11, Prust NYR, Boyle NYR, Spezza Ott (roughing) 14:21.
Second Period — No Scoring.
Penalties — Girardi NYR (interference), Foligno Ott (roughing) 4:27, Spezza Ott (holding) 15:00.
Third Period
1. N.Y. Rangers, Boyle 3 (Callahan, Girardi) 7:35
Penalties — Callahan NYR (tripping) 12:51, Phillips Ott (slashing) 13:18.
Shots on goal by

N.Y. Rangers	8	8	7	— 23
Ottawa	12	13	14	— 39

Goal — N.Y. Rangers: Lundqvist (W,2-1); Ottawa: Anderson (L,1-2). **Power plays (goals-chances) —** N.Y. Rangers: 0-3; Ottawa: 0-3.
Attendance — 20,182 (19,153) at Ottawa.

BRUINS 4, CAPITALS 3

First Period
1. Washington, Semin 1 (Laich, Ovechkin) 16:00 (pp)
Penalties — Semin Wash (tripping) 1:14, Chara Bos (roughing) 15:31, Aucoin Wash (tripping) 17:22, Lucic Bos (roughing), Backstrom Wash (cross-checking) 20:00.
Second Period
2. Boston, Peverley 1 (Chara, Ference) 0:35
3. Washington, Ovechkin 1 (Laich, Hamrlik) 0:48
4. Boston, Paille 1 (Zanon, Campbell) 9:38
Penalties — Peverley Bos (hooking) 5:18, Backstrom Wash (tripping) 6:03, Lucic Bos, Laich Wash (unsportsmanlike conduct) 13:19.
Third Period
5. Boston, Rolston 1 (Kelly, Chara) 1:02
6. Washington, Laich 1 (Backstrom, Green) 14:00
7. Boston, Chara 1 (Bergeron, Seidenberg) 18:07
Penalties — Chimera Wash (slashing) 3:01, Seidenberg Bos (roughing) 10:17, Backstrom Wash (cross-checking) 16:46, Lucic Bos (double roughing), Hendricks Wash (roughing) 17:34, Backstrom Wash (match penalty) 20:00.
Shots on goal by

Boston	8	11	10	— 29
Washington	7	14	11	— 32

Goal — Boston: Thomas (W,2-1); Washington: Holtby (L,1-2). **Power plays (goals-chances) —** Boston: 0-5; Washington: 1-4.
Attendance — 18,506 (18,398) at Washington.

LATE SUNDAY

KINGS 1, CANUCKS 0

First Period — No Scoring.
Penalties — Brown LA (elbowing) 5:15, Lapierre Vcr (roughing) 11:21, Pahlsson Vcr (interference) 17:16.
Second Period — No Scoring.
Penalties — Penner LA (holding) 1:36, Edler Vcr (interference) 1:43, Burrows Vcr, Kopitar LA (fighting), Bieksa Vcr (roughing) 2:53, Pahlsson Vcr (interference) 5:11, Mitchell LA (cross-checking) 5:57, Lapierre Vcr (unsportsmanlike conduct) 9:20, Penner LA (charging) 12:24.
Third Period
1. Los Angeles, Brown 4 (Williams, Kopitar) 6:30
Penalties — Hamhuis Vcr (high-sticking) 12:05, Edler Vcr (delay of game) 18:23.
Shots on goal by

Vancouver	11	14	16	— 41
Los Angeles	5	6	9	— 20

Goal — Vancouver: C.Schneider (L,0-1-0); Los Angeles: Quick (W,3-0-0). **Power plays (goals-chances) —** Vancouver: 0-4; Los Angeles: 0-8.
Attendance — 18,352 (18,118) at Los Angeles.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	6	4	.600	—
Toronto	5	4	.556	½
New York	5	5	.500	1
Tampa Bay	5	5	.500	1
Boston	4	6	.400	2

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	7	3	.700	—
Chicago	5	4	.556	1½
Cleveland	4	4	.500	2
Kansas City	3	7	.300	4
Minnesota	3	7	.300	4

WEST DIVISION

	W	L	Pct	GB
Texas	8	2	.800	—
Seattle	6	5	.545	2½
Oakland	4	6	.400	4
Los Angeles	3	6	.333	4½

Yesterday's results
Baltimore 10 Chicago White Sox 4 (10 innings)
Detroit 3 Kansas City 2
Minnesota 7 N.Y. Yankees 3
Tampa Bay 1 Boston 0
Oakland at L.A. Angels
Sunday's results
Toronto 9 Baltimore 2
Boston 6 Tampa Bay 4
Cleveland 13 Kansas City 7
Detroit 5 Chicago White Sox 2
N.Y. Yankees 11 L.A. Angels 5
Seattle 5 Oakland 3
Texas 4 Minnesota 3
Tonight's games — All Times Eastern
Minnesota (Liriano 0-1) at N.Y. Yankees (Sabathia 0-0), 7:05 p.m.
Tampa Bay (Niemann 0-1) at Toronto (Romero 1-0), 7:07 p.m.
Texas (Lewis 1-0) at Boston (Lester 0-1), 7:10 p.m.
Baltimore (W.Chen 0-0) at Chicago White Sox (Danks 1-1), 8:10 p.m.
Detroit (Smyly 0-0) at Kansas City (B.Chen 0-0), 8:10 p.m.
Oakland (T.Ross 0-0) at L.A. Angels (Haren 0-1), 10:05 p.m.
Cleveland (Masterson 0-1) at Seattle (Millwood 0-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	8	3	.727	—
New York	7	3	.700	½
Atlanta	5	5	.500	2½
Philadelphia	4	5	.444	3
Miami	4	6	.400	3½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	7	3	.700	—
Cincinnati	4	6	.400	3
Houston	4	6	.400	3
Milwaukee	4	6	.400	3
Pittsburgh	3	6	.333	3½
Chicago	3	7	.300	4

WEST DIVISION

	W	L	Pct	GB
Los Angeles	9	1	.900	—
Arizona	6	3	.667	2½
San Francisco	4	5	.444	4½
Colorado	4	6	.400	5
San Diego	3	8	.273	6½

Last night's results
N.Y. Mets 6 Atlanta 1
San Diego 7 Colorado 1
Washington 6 Houston 3
Pittsburgh at Arizona
Philadelphia at San Francisco
Sunday's results
Arizona 5 Colorado 2
Atlanta 7 Milwaukee 4
Cincinnati 8 Washington 5 (11 inn.)
L.A. Dodgers 5 San Diego 4
Miami 5 Houston 4 (11 innings)
Philadelphia 8 N.Y. Mets 2
Pittsburgh 4 San Francisco 1
St. Louis 10 Chicago Cubs 3
Tonight's Games — All Times Eastern
Houston (W.Rodriguez 0-1) at Washington (G.Gonzalez 0-0), 7:05 p.m.
Chicago Cubs (Dempster 0-1) at Miami (Jo.Johnson 0-2), 7:10 p.m.
N.Y. Mets (J.Santana 0-1) at Atlanta (Delgado 1-0), 7:10 p.m.
L.A. Dodgers (Billingsley 2-0) at Milwaukee (Gallardo 1-1), 8:10 p.m.
Cincinnati (Cueto 1-0) at St. Louis (Lohse 2-0), 8:15 p.m.
San Diego (Bass 0-1) at Colorado (Moyer 0-2), 8:40 p.m.
Pittsburgh (Karstens 0-1) at Arizona (I.Kennedy 2-0), 9:40 p.m.
Philadelphia (Blanton 1-1) at San Francisco (Bumgarner 1-1), 10:15 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	14	7	7	.500	170	172	—
x-Philadelphia	14	7	7	.500	159	183	—
x-Rochester	14	6	8	.429	173	176	1
Buffalo	14	5	9	.357	167	179	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Colorado	14	11	3	.786	193	171	—
x-Calgary	15	11	4	.733	207	164	½
x-Minnesota	14	7	7	.500	171	167	4
Edmonton	13	5	8	.385	136	143	5½
Washington	14	4	10	.286	150	171	7

x — clinched playoff berth.
Saturday's results
Edmonton 11 Buffalo 8
Rochester 14 Calgary 12
Colorado 19 Toronto 12
Minnesota 14 Washington 9
Friday's games — All Times Eastern
Edmonton at Colorado, 9 p.m.
Toronto at Washington, 11 p.m.
Saturday's games
Rochester at Buffalo, 7:30 p.m.
Philadelphia at Minnesota, 8 p.m.
Calgary at Edmonton, 9 p.m.

GOLF

PGA FEDEXCUP

Through April 15

	Points	Money YTD
1. Hunter Mahan	1,378	US $3,094,040
2. Bubba Watson	1,322	$3,124,138
3. Phil Mickelson	1,136	$2,515,481
4. Carl Pettersson	1,111	$2,145,253
5. Johnson Wagner	1,056	$2,008,193
6. Rory McIlroy	1,045	$2,424,000
7. Kyle Stanley	964	$2,008,919
8. Justin Rose	948	$2,175,206
9. Mark Wilson	932	$1,927,685
10. Brandt Snedeker	888	$1,757,814
11. Tiger Woods	875	$1,811,000
12. Bill Haas	865	$1,806,659
13. Keegan Bradley	795	$1,609,692
14. Steve Stricker	734	$1,497,210
15. Luke Donald	705	$1,379,706
16. Zach Johnson	682	$1,241,525
17. Ben Crane	627	$1,268,431
Also		
125. Graham DeLaet	**138**	**$190,190**
127. Stephen Ames	**133**	**$152,397**
141. David Hearn	**109**	**$179,619**

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	46	15	.754	—
y-Miami	43	17	.717	2½
x-Indiana	39	22	.639	7
x-Boston	36	25	.590	10
x-Atlanta	36	25	.590	10
x-Orlando	36	25	.590	10
New York	31	29	.517	14½
Philadelphia	31	29	.517	14½
Milwaukee	29	31	.483	16½
Detroit	22	38	.367	23½
New Jersey	22	40	.355	24½
Toronto	22	40	.355	24½
Cleveland	20	39	.339	25
Washington	15	46	.246	31
Charlotte	7	53	.117	38½

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	44	16	.733	—
y-San Antonio	42	16	.724	1
x-L.A. Lakers	39	22	.639	5½
x-L.A. Clippers	37	23	.617	7
Memphis	35	25	.583	9
Dallas	34	27	.557	10½
Denver	34	27	.557	10½
Houston	32	29	.525	12½
Phoenix	31	29	.517	13
Utah	31	30	.508	13½
Portland	28	33	.459	16½
Minnesota	25	37	.403	20
Golden State	22	37	.373	21½
Sacramento	20	41	.328	24½
New Orleans	19	42	.311	25½

d — division leader; **x** — clinched playoff berth; **y** — clinched division

Last night's results
Atlanta 109 Toronto 87
Denver 105 Houston 102
Indiana 111 Minnesota 88
Miami 101 New Jersey 98
New Orleans 75 Charlotte 67
Orlando 113 Philadelphia 100
Washington 87 Chicago 84
Dallas at Utah
Portland at Phoenix
San Antonio at Golden State
Oklahoma City at L.A. Clippers
Sunday's results
Toronto 102 Atlanta 86
Boston 94 Charlotte 82
Chicago 100 Detroit 94 OT
Denver 101 Houston 86
L.A. Lakers 112 Dallas 108 OT
Miami 93 New York 85
New Orleans 88 Memphis 75
Orlando 100 Cleveland 84
Sacramento 104 Portland 103
Tonight's games — All Times Eastern
Indiana at Philadelphia, 7 p.m.
Cleveland at Detroit, 7:30 p.m.
Memphis at Minnesota, 8 p.m.
Boston at New York, 8 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through April 14

1. Greg Biffle, 273 points; 2. (tie), Matt Kenseth and Dale Earnhardt Jr., 254; 4. Martin Truex Jr., 253; 5. Kevin Harvick, 249; 6. Denny Hamlin, 242; 7. Tony Stewart, 234; 8. Jimmie Johnson, 233; 9. Ryan Newman, 225; 10. Clint Bowyer, 219. 11. Carl Edwards, 215; 12. (tie), Paul Menard and Joey Logano, 192; 14. Kyle Busch, 184; 15. Brad Keselowski, 183; 16. Jeff Burton, 179; 17. Jeff Gordon, 177; 18. Juan Pablo Montoya, 174; 19. A J Allmendinger, 172; 20. Mark Martin, 170.

HAWKS 109, RAPTORS 87

ATLANTA (109)
Jo.Johnson 6-13 4-5 18, Smith 6-15 3-6 15, Collins 0-2 0-0 0, Teague 6-11 6-8 19, Hinrich 3-6 0-0 6, I.Johnson 9-13 3-4 21, Williams 5-11 5-7 16, Radmanovic 1-2 0-0 3, McGrady 3-7 4-6 11, Pargo 0-0 0-0 0. Totals 39-80 25-36 109.
TORONTO (87)
Anderson 4-8 2-2 12, A.Johnson 4-8 0-0 8, Gray 0-0 0-0 0, Uzoh 2-11 0-0 4, DeRozan 8-14 5-5 22, Ja.Johnson 7-11 3-5 18, Alabi 4-9 0-0 8, Davis 3-6 0-0 6, Forbes 3-12 3-4 9. Totals 35-79 13-16 87.

Atlanta	30	24	25	30	—109
Toronto	32	19	17	19	—87

3-Point Goals—Atlanta 6-21 (Jo.Johnson 2-6, Radmanovic 1-1, McGrady 1-3, Teague 1-3, Williams 1-3, Hinrich 0-2, Smith 0-3), Toronto 4-9 (Anderson 2-4, DeRozan 1-1, Ja.Johnson 1-1, Forbes 0-3). Fouled Out—None. Rebounds—Atlanta 50 (Smith 9), Toronto 49 (Uzoh 10). Assists—Atlanta 28 (Teague 10), Toronto 20 (Uzoh 8). Total Fouls—Atlanta 13, Toronto 27. Technicals—Toronto defensive three second 2. A—15,992 (19,800) at Toronto.

HOCKEY

IIHF MEN'S UNDER-18 WORLD CHAMPIONSHIP

PRELIMINARY ROUND

GROUP A

	GP	W	OTW	OTL	L	GF	GA	Pt
U.S.	3	3	0	0	0	13	0	9
Canada	**3**	**2**	**0**	**0**	**1**	**14**	**7**	**6**
Finland	3	2	0	0	1	9	7	6
Czech Republic	3	1	0	0	2	10	15	3
Denmark	4	0	0	0	4	6	23	0

GROUP B

	GP	W	OTW	OTL	L	GF	GA	Pt
Sweden	4	3	0	0	1	18	10	9
Russia	3	2	0	0	1	14	5	6
Latvia	4	2	0	0	2	11	15	6
Germany	3	1	0	0	2	9	15	3
Switzerland	2	0	0	0	2	4	11	0

Note: Three points for a regulation win, two for an overtime win and one for an overtime loss.
Yesterday's results
At Brno, Czech Republic
Canada 6 Czech Republic 2
Finland 5 Denmark 1
At Znojmo, Czech Republic
Latvia 5 Germany 4
Russia 6 Sweden 0
Today's games — All Times Eastern
At Brno, Czech Republic
Czech Republic vs. Finland, 10 a.m.
U.S. vs. **Canada**, 2 p.m.
At Znojmo, Czech Republic
Sweden vs. Russia, 10 a.m.
Switzerland vs. Germany, 2 p.m.
End of Preliminary Round

SOCCER

ENGLAND

PREMIER LEAGUE

Arsenal 1 Wigan 2

FRANCE

LIGUE 1

Rennes 3 Nice 1

SPAIN

LA LIGA

Getafe 5 Sevilla 1

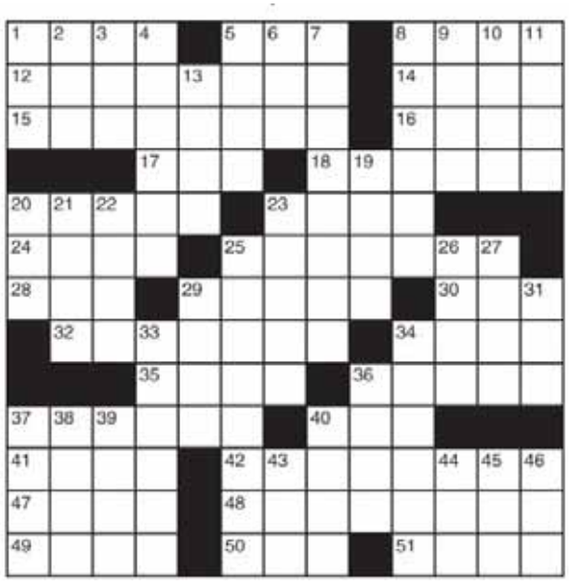
Crossword

Across

1 Spirited horse
5 Needlefish
8 Roe provider
12 Collection of information
14 Cab
15 Like some grapes
16 Hold the scepter
17 Dolores — Rio
18 Act of grooming oneself
20 Tartan pattern
23 Incursion
24 Mysterious letter
25 Foolish
28 Superlative suffix
29 Hereditary bits
30 Atmosphere
32 Bad with a bat
34 Pre-swan
35 Croupier's tool
36 Charmer's pet
37 Turn into
40 [Uncorrected]
41 Beige
42 Unnecessary
47 Fleet component
48 Carriage
49 "It's good — the king"
50 Tackle moguls
51 — ex machina

Down

1 Billboards
2 Actress Charlotte
3 Dined on
4 Villain
5 Author Greene
6 Donkey
7 Paraphrases
8 Pace
9 Amount of booty
10 Wheel-base terminus
11 Regimen
13 Evidenced a pinprick
19 Rembrandt's supply
20 Opposite of "post-"
21 Luxurious
22 Con
23 Rid of lather
25 Saturdays and Sundays
26 Long story
27 Fabric made by worms
29 Glitz
31 Deli bread
33 Acting company
34 Naked
36 Faction
37 Top-rated
38 Reverberate
39 Nursery item
40 Big rig
43 "A mouse!"
44 Compass letters
45 Old French coin
46 4th-yr. students



Sudoku

					6	3	1	
9		8	2			6		
				1				
4							7	5
8	5		4		7		9	3
2	9							8
				6				
		3			8	9		7
	8	2	7					

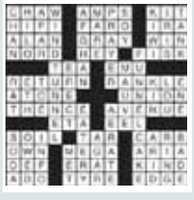
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	4	3	9	1	8	6	7	5
8	9	5	2	6	7	3	4	1
6	7	1	3	4	5	8	2	9
9	3	7	4	8	2	5	1	6
5	6	4	1	7	3	9	8	2
1	2	8	6	5	9	7	3	4
3	1	2	7	9	6	4	5	8
4	5	9	8	3	1	2	6	7
7	8	6	5	2	4	1	9	3

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

DN KLR ZDJC UN LWBSFTMZA LTX T BTQR UNNASYDJC, HUWQX LR FR MTQQRX KLR SYDJMR UN HLTQRA?

Yesterday's Cryptoquip: WHEN SOMEONE ANSWERS "NO" TO "WILL YOU MARRY ME?", I SUPPOSE THAT'S PROPOSITION OPPOSITION.

Today's Cryptoquip Clue: N equals F

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Weather

TUESDAY	WEDNESDAY	THURSDAY
MAX: 3° MIN: 1°	MAX: 4° MIN: -2°	MAX: 13° MIN: 0°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. You may be tempted to ignore a colleague's advice today and take the kind of risk you would normally prefer to avoid.

Taurus | April 21 - May 21. Although you are tempted to force through changes you know other people won't approve of, it might be better to wait and see how things develop.

Gemini | May 22 - June 20. All things are possible if you truly believe.

Cancer | June 21 - July 22. Find a quiet, secluded place and listen to your own inner voice.

Leo | July 23 - Aug. 22. Ignore those who say you should discuss what you are planning to do and just get on and do it.

Virgo | Aug. 23 - Sept. 22. The planets urge you to think before you act and act only if you really have to.

Libra | Sept. 23 - Oct. 22. Everything will work out for the best in the end — somehow it always does.

Scorpio | Oct. 23 - Nov. 21. You can usually be trusted to think logically and not let your emotions get the better of you, but that could be difficult today.

Sagittarius | Nov. 22 - Dec. 21. Refuse to get involved in anything you have doubts about.

Capricorn | Dec. 22 - Jan 20. Try not to say anything that might upset the people you work with, especially those in positions of authority.

Aquarius | Jan. 21 - Feb 18. Even minor disputes could get out of hand today, so make a promise to yourself right now that, whatever the provocation, you will greet everyone with a smile and not let negative words get under your skin.

Pisces | Feb. 19 - March 20. Everyone knows how sensitive you can be but even by your standards you will go over the top today.

SALLY BROMPTON

Caption Contest

"Wait a sec ... which way???"
Elizabeth

TODD YATES/CORPUS CHRISTI CALLER-TIMES, THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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